

# **180 NORTH LASALLE FITNESS CENTER RULES AND REGULATIONS**

The following Fitness Center rules have been established to ensure your enjoyment and safety when using the facility. We expect members to behave maturely, responsibly and respectfully and therefore insist on your cooperation in observing these rules. We will not tolerate conduct or language that is improper, threatening or hazardous including but not limited to arguing, fighting, use of profanity, indecent behavior or inappropriate sexual activity and reserve the right to deny, suspend or terminate privileges to anyone for failure to comply with these rules.

## **HOURS**

The Fitness Center is open Monday – Friday, from 5:00 AM – 9:00 PM. We reserve the right to close the Fitness Center at any time without notice.

## **MEDICAL EXAMINATION**

All members are strongly encouraged to have a complete physical examination prior to beginning an exercise program.

## **GUESTS**

The use of this facility is limited to the employees of the tenants in this building that hold a valid key card for entry into the facility. Bringing guests to the facility is strictly prohibited. All users of the facility must have a signed Fitness Center Waiver form on file in the Office of the Building.

## **DRESS CODE**

Proper athletic attire is required, i.e. athletic shoes, shirts etc.

## **LOCKER ROOMS**

All belongings should be left in the locker room area and not brought to the exercise floor. Due to the limited amount of locker space, locker use is limited to the time you are currently using the facility. Locks may not be left on lockers after you leave. Do not leave valuables unprotected or in your locker. We are not responsible for lost/stolen items.

## **EXERCISE ETIQUETTE**

Personal audio equipment must be used with headphones. Please be respectful and courteous of those waiting for equipment during peak times. Please replace all dumbbells on the appropriate racks when finished. Please wipe perspiration off equipment after use. Show respect for equipment and this facility at all times. Do not drop or throw weights. Do not lean weights against the walls or equipment.

## **FOOD AND DRINK**

Food is not permitted in the exercise areas. All beverages must be in plastic containers.

## **HVAC HOURS OF OPERATION**

The Fitness Center will only be heated and cooled, in season, during the hours of 8:00 AM – 6:00 PM, Monday through Friday. After hours HVAC will not be provided.

## **OTHER**

Immediately report any facility related injury and/or any equipment irregularity to building management or security. If you feel faint, dizzy, sick or experience pain and/or have difficulty breathing while using the Fitness Center, stop what you are doing and cool down. If you do not feel better, contact Building Security or call 911 for assistance.