

300 Convent Fitness Center Rules & Regulations

Hours of Operation
Monday – Friday, 5am – 9pm
Saturday, 5am – 3pm

- Use of the fitness center is provided to **300 Convent tenants only** at no cost; however a one time non-refundable access card fee is required. A monthly fee is subject to change upon notice from the property management office.
- Use of equipment is on a first-come, first serve basis, therefore please be considerate and limit your time on the equipment. Wipe down equipment before use.
- Use of the fitness center and equipment is at your own risk and management assumes no responsibility for any injuries or damage or loss to personal property.
- We recommend that you only use the equipment if you are in good health.
- Do not bang weights; lower the weight stack slowly down to its original position upon completion of repetition.
- Do not drop dumbbells on the floor; carefully put away all dumbbells after use.
- Use equipment for its intended use – do not modify the equipment.
- Proper work out attire is required. Shirts and shoes must be worn at all times. No sandals, flips flops or bare feet allowed.
- Lockers are available on a first come first serve basis during your workout only, **no daily or overnight use.** If locks are left on during the day or overnight, the Property Management Office will cut and remove the lock and personal items will be stored in the Property Management Office for 1 week.
- Body wash, shampoo & conditioner are provided in the showers for use after your workout. Please do not take home for personal use.
- Food, beverage and gum are not permitted in the fitness center with the exception of plastic water/sport bottles with a secured lid or controlled spout.
- Please do not touch and/or adjust the thermostats.
- Headphones are required when talking on your cell phone and listening to music on a personal electronic device. Please do not place on speaker.
- Please return all equipment to its place and wipe down equipment after each use.
- Please be considerate of others.
- Please report any faulty or damaged equipment to the Property Management Office immediately.

Patrinely Group requests that you maintain the fitness center in good condition by proper care and use of the equipment and facility, follow the fitness center rules and report any issues to the Property Management Office immediately. Patrinely Group retains the right to restrict use of the fitness center to any tenant and its employees for improper use of the fitness center and/or not following the rules.

Acknowledged by:

Date:

Print Name