

**TYSONS TOWER FITNESS CENTER POLICIES**

**Fitness Center Hours**

The fitness center is open 24/7

The fitness staff is available Monday – Friday

1. Tenants must fill out a membership waiver in order to use the Facility.
2. **Only Tenants with Fitness Center card access will be allowed entry. Guests, including personal trainers, are not authorized to use the Center. If you are caught assisting a non-authorized person into the facility your access may be revoked. Initials: \_\_\_\_\_**
3. Management reserves the right to notify your employer if you have gained access to the Fitness Center without authorization.
4. The use of cell phones inside the Fitness Center is prohibited.
5. Proper attire should be worn in the exercise area (i.e., exercise shorts, T-shirts, athletic shoes) at all times.
6. Limit your workout to 30 minutes on cardio equipment when people are waiting.
7. We suggest using a spotter when using free weights or the Smith machine.
8. Tenants must practice good personal hygiene (i.e., wear deodorant, shower daily, wash workout clothes after each use).
9. Hard-soled shoes are not permitted on the Group Exercise floor.
10. Bags are not permitted on the exercise floor.
11. Horseplay, profanity, racist or sexist comments will not be tolerated in this facility. Any individual displaying these types of behaviors will be asked to leave immediately and may be subject to loss of fitness center privileges.
12. Tenants must supply their own lock for day-use of the lockers. The locks may not be left on overnight. All locks left will be cut off and the locker contents will be placed in the lost and found bin for 1 month.
13. Lockers may only be used while you are exercising. Occupying a locker throughout the day is prohibited.
14. Hines, Corporate Fitness Works and the Fitness Center Staff are not responsible for any stored or lost items.
15. The Fitness Center Staff reserves the right to direct equipment usage during peak hours in an orderly fashion to allow for maximum utilization.

I hereby certify that I have read and understand all information in this document.

Printed Name: \_\_\_\_\_

Company: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Witness: \_\_\_\_\_

Date: \_\_\_\_\_

Please execute and return to the onsite fitness facility manager, the Property Management Office, or email to [Tysonstower.Fitness@Hines.com](mailto:Tysonstower.Fitness@Hines.com)