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. Audible use of cell phones inside the Fitness Center is prohibited. This includes, but is not limited to phone calls, music, or streaming audibly. Headphones are required for all audio and video devices while in the gym &/or locker rooms.
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 equipment when people are waiting.
7. We suggest using a spotter when using free weights or the Smith machine as well as working out with a buddy, and to not workout alone.
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, discriminatory, racist, sexist, aggressive, and/or confrontational comments and/or behavior will not be tolerated in this facility. Any individual displaying these types of behaviors or comments 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 lockers overnight. All locks left may be cut off and the locker contents may be placed in the lost and found bin for one month.
13. **All personal items not actively in use must be stored inside a locker at all times; no personal effects may be left outside a locker (e.g. on a bench or floor).**
14. **Lockers may only be used while you are exercising. Occupying a locker throughout the day is prohibited.** **Initials:_____**
15. Hines, HealthFitness, and the Fitness Center Staff are not responsible for any stored or lost items.
16. The Fitness Center Staff reserves the right to direct equipment usage during peak hours in an orderly fashion to allow for maximum utilization.
17. Property Management grants access to users and reserves the right to remove the privilege of Fitness Center access for the safety, security, and/or reasonable enjoyment by other tenants.

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

Printed Name: _____ Company:_____

Signature: _____ Date: _____

Witness: _____ Date: _____

Please complete and provide within a PRISM work order, as well as to the fitness facility manager by emailing TysonsTower.Fitness@Hines.com.

RELEASE OF LIABILITY, WAIVER OF CLAIMS AND ASSUMPTION OF RISK AGREEMENT

For good and valuable consideration, the receipt and sufficiency of which I hereby acknowledge, I forever release, discharge and covenant not to sue The Macerich Company, The Macerich Partnership, L.P., Tysons Corner Office I, LLC, MACW Property Management, LLC and each of their respective officers, directors, employees, partners, members, shareholders, subsidiaries, insurance carriers, contractors and/or agents, past and present (collectively, the "Macerich Parties"), Corporate Fitness Works (a CFW Company), and Hines Interests Limited Partnership (the "Property Manager"), for any claim, liability, demand, cause of action, obligation of whatever kind or nature, whether known or unknown, foreseen or unforeseen, whether at law or in equity, which I have or may have against the Macerich Parties, Corporate Fitness Works or the Property Manager related to loss of life, personal injury, damage to property and/or any other damage arising from or out of any occurrence related to the use of the fitness center and any exercise program, sport or physical activity at the office building commonly known as "Tysons Tower" and located at 7900 Tysons One Place, Tysons Corner, Virginia 22102 (the "Property").

I understand that the Macerich Parties, Corporate Fitness Works, and the Property Manager do not provide accident, health or life insurance coverage during the use of the fitness center and any exercise program, sport or physical activity at the Property and I release all private facilities and public facilities and their employees from all liability for any personal injuries, illnesses, loss or damage to property. I further understand that I am legally responsible for my actions, including, but not limited to, any damage to private or public property. I am legally responsible for my own welfare and actions, including personal needs and medical expenses, including, without limitation, transportation, hospitalization, x-rays, etc.

I am aware that there are certain inherent risks, dangers and hazards associated with engaging in physical activities that can result in serious personal injury or death. As such, I hereby freely agree to assume and accept any and all known and unknown risks of injury associated with any use of the fitness center and any exercise program, sport or physical activity at the Property. I further recognize and acknowledge that the risks inherent in engaging in physical activities can be greatly reduced by seeking instruction from a trained professional, consulting with a physician, using common sense and following the rules and regulations of the fitness center and the Property.

If any portion of this Agreement shall be deemed by a Court of competent jurisdiction to be invalid, then the remainder of this Agreement shall remain in full force and effect and the offending provision or provisions severed here from.

I HAVE READ AND UNDERSTAND THIS AGREEMENT AND I AM AWARE THAT BY SIGNING THIS AGREEMENT I AM WAIVING CERTAIN LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE.

Signature: _____

Print Name: _____

Date: _____

Access Card #: _____

Women's or Men's Locker Room (circle one)

Please return completed form to Hines Property Management, Tysons Tower Fitness Center Management, or email to TysonsTower.Fitness@Hines.com