

COMSTOCK

THE HARTFORD BUILDING Fitness Center Rules and Regulations

We are pleased to offer the tenants of 3101 Wilson Boulevard (the “Building”) the use of an on-site Fitness Center. The Fitness Center is located on the first floor of the Building. Building ownership reserves the right, in its sole and absolute discretion, to relocate the Fitness Center, or temporarily or permanently close the Fitness Center.

In order to gain access to the Fitness Center, you must first review and agree to these Rules and Regulations set forth below as well as those of the Waiver and Release Form. Please complete the Fitness Center Waiver and Release Form and submit the document to your Office Manager for authorization. The Office Manager will deliver the completed form to the Property Manager in order to activate your access to the Fitness Center.

These Rules and Regulations may be changed from time to time. All capitalized terms shall have the meanings given to such terms in the Waiver and Release Form to which these Rules and Regulations are attached. Sign off of new rules may be required for continued use of the Fitness Center. Current Rules and Regulations are available from the Property Manager.

1. Use. The Fitness Center is for the sole use of current employees of the tenants of the Building, and no guests shall be permitted, including, without limitation, personal trainers. Any tenant employee who has properly executed the Waiver and Release and Fitness Rules and Regulations Forms may use the Fitness Center. The Fitness Center and related equipment and facilities shall be used solely for its respective intended use and purpose.
2. Authorized Access. Each authorized individual must swipe his or her key fob on the card reader to enter the Fitness Center. Do not allow another individual to “piggy back” or enter the Fitness Center without using his or her own authorized key fob. For the Fitness Center to remain an amenity of the Building, it is necessary for all individuals to strictly adhere to the following processes: Doors are not to be propped open at any time, and guests, including personal trainers, are not allowed in the Fitness Center. Access to enter the Fitness Center will be revoked upon the occurrence of any of the following events: (i) upon termination of an authorized individual’s employment with a tenant, (ii) notification from an authorized individual’s employer that the individual is no longer employed, (iii) expiration or termination of an individual’s employer’s tenancy, or (iv) breach of any of these Rules and Regulations or the Waiver and Release Form by an employee otherwise permitted to have access to the Fitness Center. Upon revocation of access, the key fob must be returned to the Property Manager.
3. Lockers and Showers. Lockers will be provided for those permitted to use the Fitness Center for daily use on a first come basis and shall be used only in connection with use of the Fitness Center. Each user is to provide his or her own lock. Locker must be emptied after your work out; no overnight use or use of a locker when not using the Fitness Center shall be permitted at any time. Locks and personal items remaining in the locker room after closing are subject to permanent removal and disposal. Lost and found items held at the Building Engineer’s office for 24 hours, if items not claimed they will be donated to charity or disposed of. Any user of the Fitness Center consents to such disposition of his or her personal property. The showers are made available for use only in conjunction with the Fitness Center. In times of water shortages or drought, the availability of shower use may be curtailed.

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4. Operation. The Fitness Center shall be accessible twenty-four (24) hours a day, seven (7) days a week. The Fitness Center is subject to closure for repair, cleaning or emergency. The ownership may change the Fitness Center hours of operation from time to time at its sole discretion.
5. Clothing. Users of the Fitness Center must wear clean and appropriate attire while in the Fitness Center and while going to and from the Fitness Center. Shirts, shorts or sweat suits and athletic shoes must be worn at all times while using the Fitness Center equipment.
6. Conduct. Any conduct, which unreasonably interferes with the use or enjoyment of the Fitness Center by another person, or disrupts or interferes with the safe, orderly and efficient operation of the Fitness Center and related equipment and facilities, is strictly prohibited. Cellphones or other devices that play music, film or broadcast television shall not be used without headphones. Any person in violation of this section may be subject to immediate and permanent expulsion from the Fitness Center.
7. Equipment. Owner reserves the right to make reasonable changes to the type or quantity of equipment offered in the Fitness Center. Do not drop or bang equipment. Continued complaints regarding noise from misuse of the equipment may result in Fitness Center suspension or expulsion.
8. Tobacco and Alcohol. Consumption of any tobacco products or alcohol while in the in the Fitness Center is strictly prohibited.
9. Solicitations and Petitions. Solicitation for the sale of any product or service or collecting for any charitable organization or collecting signatures for any petition of any kind in the Fitness Center is strictly prohibited.
10. Identification. Users must present their key fob, upon request by Property Management or security personnel. Failure to present the key fob may result in expulsion from the Fitness Center. The Landlord Parties shall assume no responsibility for lost or stolen key fobs. There is a one-time cost of \$25.00 for a Fitness Center key fob, however, if you already have a building key fob Fitness Center access will be added on to your existing key fob at no cost. If a replacement key fob is needed, please contact the Property Manager. Replacement key fobs are \$25.00 per key fob.
11. Maintenance. Fitness Center users must notify the Property Manager immediately if they discover any unsafe or hazardous defect, breakage of equipment or unfavorable condition relating to the Fitness Center or the fitness equipment or facilities by calling the Property Manager at 703.230.1985.
12. Food and Beverages. Food and beverages (except for water) are prohibited and shall not be brought into or consumed in the Fitness Center. Water in a container (glass containers are not permitted) with a closed lid may be consumed within the Fitness Center.
13. Other Facilities. All Rules and Regulations indicated here shall also apply to the shower and locker facilities.
14. Maintenance. No user shall leave trash, debris or articles of clothing in the Fitness Center or in the locker facilities. All such debris will be disposed of at closing.
15. Damages or Theft. Any damage or theft to Fitness Center's equipment, property or facilities will be paid for by the individual(s) responsible.

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16. Personal Property. The Landlord Parties assume no liability for personal property, including, clothing, jewelry or other valuables, brought into or stored in the Fitness Center or locker facilities. Each user assumes all liability and responsibility for any loss or damage to any such personal property, clothing, jewelry or other valuables or items of personal property.

17. No Liability of Personal Health Welfare. Consult a physician before using the Fitness Center and equipment. The Landlord Parties assume no responsibility for personal injury, including, death, or damage to persons or property occurring in the Fitness Center.

By signing below, I acknowledge that I have read, understand and agree to abide by the above rules and regulations regarding the Fitness Center. I understand my failure to follow any of these rules may result in cancellation of my Fitness Center use privileges.

By:

Employee Signature: _____

Print Employee Name: _____

Company Name: _____

Company Office Manager Approval: _____

Property Management Approval: _____