



NORTH RIDGE

FITNESS CENTER RULES AND REGULATIONS

1. The Fitness Center is open only between the hours of 6:00 AM and 8:00 PM, Monday through Friday and Saturday 9:00 AM and 1:00 PM. The Fitness Center is closed on Sunday and Building Federal Holidays.
2. The lockers and personal locks are to be used only while utilizing the Fitness Center. All items are to be removed promptly after use. Management is not responsible for lost or stolen items.
3. Please be courteous and clean up after using the equipment and restrooms/showers.
4. Food and beverages (sodas) are prohibited. Water containers or sport drinks are allowed.
5. Please limit the time in using each piece of equipment to 20 minutes during peak hours of use.
6. Notify the management office immediately if any equipment is not working properly.
7. Do not use any equipment that is broken or marked "Out of Order".
8. The janitorial staff is permitted to clean the facility in the evening while the facility is in use.
9. The exercise facility is for the use of building employees only. All authorized employees must have signed a liability waiver in order to utilize the facility. Guests are not permitted to use the facility.
10. Management has the right to revoke any user of this facility that violates the Rules and Regulations.
11. Occupancy limits is 31.