# cmc FITNESS CENTER

## **RULES & REGULATIONS**

The following rules have been established to ensure your enjoyment and safety when using California Market Center's fitness center (inclusive of its outdoor court, shower facilities and locker facilities, the "Fitness Center"). We expect members to behave maturely, responsibly, and respectfully and therefore insist on your cooperation in observing these rules. We will not tolerate conduct or language that is improper, threatening, or hazardous including but not limited to arguing, fighting, use of profanity, weapons or personal items that can cause injury, indecent behavior or inappropriate sexual activity and reserve the right to deny, suspend or terminate privileges to anyone for failure to comply with these rules.

#### HOURS

The Fitness Center is generally open from 6:00 AM – 8:00 PM, Monday through Friday, not including building observed holidays. We reserve the right to close the Fitness Center at any time without notice. Additionally, the Fitness Center is a project amenity and is not supervised or staffed.

#### USE

- **MEDICAL EXAMINATION:** All users are strongly encouraged to have a complete physical examination prior to beginning an exercise program.
- **DRESS CODE:** Proper athletic attire is required (i.e., athletic shoes, shirts etc.). Apparel (except clothing worn for cultural, religious or medical reasons) may not obscure or conceal the face, cause a disturbance, or incite violence.
- FOOD AND DRINK: Food (including catering) and beverages (including alcohol) are not permitted in the exercise areas, other than bottled water. Glass beverage containers are not permitted.
- **GUESTS:** The use of this facility is limited to the employees of the tenants of California Market Center that hold a valid key card for entry into the facility. Bringing guests (including minors) to the facility is strictly prohibited. Personal Trainers are not allowed. All users of the facility must have a signed Fitness Center Disclosure, Waiver, and Release of Liability Agreement on file in the Building Management Office located at 110 E. 9<sup>th</sup> Street, Suite A200, Los Angeles, CA 90079 (the "Office").
- **PERSONAL EQUIPMENT:** Users are prohibited from bringing any personal equipment into the Fitness Center, except as follows: personal yoga mats, boxing gloves.
- **FITNESS CENTER MANAGEMENT:** All requests and suggestions regarding the condition, operation or service of the Fitness Center or any equipment therein must be submitted in writing to the Office.
- NO SMOKING: There will be no smoking of any kind (including "vaping" or electronic cigarette use) or any consumption or use of tobacco products in the Fitness Center.
- **SHOWERS:** Users must adhere to a proper code of conduct at all times. Users are expected to act in a respectful and socially acceptable manner while being mindful of other individuals' physical and personal space.
- **ANIMALS:** Users may not keep in or bring into the Fitness Center any animals, except assistance animals that are permitted and identified in accordance with applicable laws.
- **DISPOSAL OF WASTE:** Users are to dispose of any personal waste in an appropriate manner.
- DEVICES / MATERIALS: Use of any cellphones, cameras or any other devices capable of recording is strictly prohibited within the locker rooms. As a courtesy to other users, do not take calls on speakerphone, or use any video chat application or recording devices while on the Fitness Center floor. Users are prohibited from taking photos or videos anywhere within the Fitness Center for the promotion of your or any third party's business, products or services. Users are prohibited from viewing or displaying offensive material on electronic devices or in print form.
- **SECURITY:** For your safety and the safety of others, the Fitness Center and surrounding premises are under video surveillance 24 hours/day, except with respect to the lockers and restrooms. By entering and making use of the Fitness Center, you consent to being recorded.

- WI-FI: User uses any wi-fi made available to User at User's own risk.
- **FITNESS CENTER FOLDING GLASS DOORS:** Do not attempt to open or close the Fitness Center's folding glass doors. Only authorized CMC personnel may operate such doors.
- **COVID-19 PRECAUTIONS:** Users may be required to provide adequate proof of current vaccination against COVID-19 (e.g., original or copy of CDC COVID-19 Vaccination Record Card) in order to obtain and maintain access to the Fitness Center. All users must practice social distancing (maintaining a distance of 6 feet or more when possible), wear face coverings and masks to the extent mandated by public health authorities, cover coughs and sneezes, wash hands frequently and/or use hand sanitizer, and disinfect their equipment prior and after use. If you have any symptoms related to COVID-19, including, but not limited to the following: cough, shortness of breath or difficulty breathing, fever, chills, muscle pain, sore throat, new loss of taste or smell, you may not be allowed entry into the Fitness Center until you provide positive proof of testing negative for COVID-19.

### LOCKER ROOMS

All belongings should be left in the locker room area and not brought to the exercise floor. Due to the limited amount of locker space, locker use is limited to the time you are currently using the facility. Do not leave valuables unprotected or in your locker. We are not responsible for lost/stolen items. Any unclaimed items may be discarded after 30 days.

#### **EXERCISE ETIQUETTE**

Personal audio equipment must be used with headphones. Please be respectful and courteous of those waiting for equipment during peak times. Please replace all movable equipment (e.g., weights) on the appropriate racks when finished. Please wipe down equipment after use. Show respect for equipment and this facility at all times. Do not drop or throw weights. Do not lean weights against the walls or equipment.

#### OUTDOOR COURT ETIQUETTE

Do not bounce balls off any walls or windows. Hanging from basketball rims is prohibited. During hours of non-scheduled play, playing time is limited to 30 minutes if another group is waiting to play. Exiting directly from the outdoor court is prohibited unless under emergency alarm conditions.

## OTHER PROHIBITED ITEMS

The following are also prohibited in and around the Fitness Center:

- Running, skateboarding, scootering, rollerblading, riding a personal bicycle, and similar activities
- Motorized personal devices (except by persons of mobility impairment)
- Impediment of pedestrian traffic
- Soliciting money or contributions
- Playing musical instruments other than through headphones, and playing any amplified devices
- Selling products or services, advertising, promotions, market research
- Loitering or sleeping
- Large gatherings
- Defacing, damaging, or destroying any property
- Delivery carts, rolling racks, pallet jacks

## OTHER

Immediately report any facility related injury and/or any equipment irregularity to the Office (213-630-3700). If you feel faint, dizzy, sick or experience pain while using the Fitness Center, stop what you are doing and cool down. If you do not feel better, contact the Office again or call 911 for assistance.

VISIT CALIFORNIAMARKETCENTER.COM/FITNESSCENTER FOR UPDATES

For assistance, contact us at: <u>cmcdtla@cbre.com</u>