

One Eleven Congress



Fitness Center Rules and Regulations

- Only One Eleven Congress tenants are allowed in the Fitness Center. Please do not bring children, friends or others that are not One Eleven Congress customers or that are not authorized users in accordance with this agreement to the Fitness Center.
- A building access fob is required in order to be admitted into the Fitness Center. A Release and Indemnification Form must be submitted by every individual who wishes to use the fitness center prior to utilizing it the first time. Access FOBs will not be programmed for the Fitness Center use until the Release and Indemnification Form is electronically submitted. Sharing of access FOBs for admittance is not permitted.
- Hours of operation are from 5:00am - 10:00pm Monday through Friday. No one is allowed in the Fitness Center when the facility is closed.
- Appropriate attire, including shirts and athletic shoes, must be worn while using the facilities. NO jeans and NO open-toe shoes are allowed (except floor exercises and yoga). Shower shoes are recommended in restrooms and showers.
- Owner and property management are not responsible for personal belongings including lost or stolen items. Lockers are available on a first-come, first-served basis. Items left in lockers overnight will be removed.
- Do not use any equipment unless you are knowledgeable about how to use it properly. Utilize spotters/locks when necessary (e.g., overhead lifts, squats, bench presses, platform or Olympic lifts).
- Observe Fitness Center etiquette and demonstrate courtesy toward others in the facility at all times. Management personnel have authority over all room conduct and use of equipment, including sound and video systems.
- Horseplay, loud or offensive language; or other inappropriate behavior will be tolerated.
- No alcohol, drugs and/or banned substances are allowed in the Fitness Center.
- Equipment may not be reserved. Please limit your time on aerobic equipment to twenty minutes when the Fitness Center is full or if someone is waiting for a particular piece of equipment.
- Show respect for equipment and facilities at all times. Do not drop or throw weights. Please return all machines/weights back to their proper position/location after using them.
- Towels are available to use when working out on equipment. All equipment must be wiped down when you are finished.
- No tobacco products, food, chewing gum, glass bottles or cans are allowed. Water bottles are acceptable.
- Injuries and defective equipment are to be reported to the management office immediately.
- FAILURE TO COMPLY WITH STATED RULES WILL RESULT IN CANCELLATION OF ACCESS TO FACILITY.
- FITNESS CENTER RULES AND HOURS ARE SUBJECT TO CHANGE BY OWNER OR PROPERTY MANAGEMENT.

