

RULES & REGULATIONS for the **AMENITIES, FITNESS CENTER and BICYCLE FACILITIES at Center** **Plaza Building**

GENERAL AMENITIES LEVEL AND FITNESS CENTER RULES:

Any tenant who conducts themselves in an unbecoming manner, or who knowingly violates any of the Rules & Regulations, may be denied service and or access to the Amenities Level and Fitness Center, or may have their access suspended or forfeited. Good order, proper attire, decorum and consideration of the rights and comforts of others **must be observed at all times.**

HOURS OF OPERATION (subject to change at any time by management):

M-F 5:00 AM TO 9:00 PM

S-S 6:00 AM TO 6:00 PM

EQUIPMENT USE:

- Exercisers must wipe down equipment after use. Use cleaning wipes provided by the facility. This will stop germs and help prolong the life of equipment.
- No dropping weights or allowing machine plates to slam down.
- No putting weights on benches.
- No weight lifting chalk permitted.
- There is a 30 minute time limit on cardiovascular machines.
- Re-rack all weight/plates to their designated area when finished with equipment.
- Wipe down and re-rack all exercise mats to their designated area when finished.
- Share equipment and allow others to use your machine when doing multiple sets.
- Please be courteous of any private instructions that may be taking place in the Fitness areas

**ALL PERSONS UTILIZING ALL EQUIPMENT AND FACILITIES
AT THEIR OWN RISK**

GENERAL POLICIES:

- Please make note of and familiarize yourselves with the emergency exits upon entering the facility.
- No food or drinks allowed in the small or large fitness areas (Exception: Water Bottles).
- No Smoking (including electronic or vapor) is allowed anywhere in any area of the facility and will result loss of Amenity Center privileges.
- Alcoholic beverages, glass containers, and/or illegal substances are prohibited in any area of the facility and will result loss of Amenity Center privileges.

- Any behaviors that may damage the facilities (Examples: chewing gum, tobacco, spitting, etc.) are prohibited.
- Abuse of the facility or equipment will not be tolerated and are grounds for removal from the facility. (Examples: Damaging equipment or other Facility property).
- No firearms permitted in the facility.
- Bicycles, skateboards, rollerblades, scooters, motorized vehicles (except wheelchairs) or animals (except service animals/eye seeing dogs) are not allowed in any area of the facility.
- No backpacks or other personal gear are allowed in the Fitness area. Participants need to utilize storage space/locker rooms.
- Bluetooth speakers, open-air radios, stereos, or other personal listening devices without headphones (iPod, MP3, Portable CD, or Portable Tape Players) are prohibited.
- No cell phone usage in the fitness center/while using equipment.
- Threats or acts of violence will result in loss of Amenity Center privileges.
- Inappropriate language or behavior is prohibited and may result in loss of Amenity Center privileges.
- Please be courteous of any meetings taking place in the Turf area.
- The fitness center and amenities level may occasionally be closed for maintenance.
- Fitness center reserves the right to refuse admittance, membership or revoke membership for violation of any policies.

LOCKER ROOM POLICIES:

- Day Lockers are provided for personal property **while you are working out** (*Please do not store valuables in these areas*).
- **Any items left in the lockers past 11 pm will be removed by building management**
- All items collected from lockers will be donated or disposed of on the 1st of each Month. (see Security to reclaim items prior to the 1st of each month)
- The facility and building management are not liable for lost, abandoned or stolen items.

CLOTHING:

- Proper exercise attire should be worn at all times. This is for your safety as well and to prevent damage to the equipment.
- Shirts and footwear are required throughout the facility area.
- No cutoff jeans, belted shorts/pants, or clothing with rivets/buttons/zippers are allowed on the exercise equipment.
- Shirts must cover the chest, stomach and back.
- No flip flops, open toed shoes, sandals or boots.
- No loose jewelry.
- Clean shoes are required to keep the floor and equipment in good shape.

RULES & REGULATIONS FOR BICYCLE STORAGE

GENERAL RULES FOR: Center Plaza Building, Boston, MA 02108

Any tenant who conducts themselves in an unbecoming manner, or who knowingly violates any of the Rules may be denied access to the Bicycle Storage Area or may have their access suspended or forfeited. Good order, proper decorum and respectful consideration of other tenants must be observed at all times.

1. Bicycles may be stored in the designated area only. This storage area will be provided by Landlord for the sole use of bicycle storage. If bicycles are left in an undesignated area they will be removed.
2. Bicycles can be stored on a first come first basis.
3. Bicycles **cannot** be brought into the building lobbies or to tenant suites.
4. All individuals requesting to use the bicycle storage facility must sign a Bicycle Storage Waiver and return it to cgoldberg@synergy-inv.com.
5. Individuals are responsible for securing their bicycle in the bicycle storage area.
6. Access to the bicycle storage area on P-1 level is via **garage ramp only**
7. Access to the bicycle storage in Chrome is via the **Loading dock ramp only**.

**ALL PERSONS UTILIZING THE BICYCLE STORAGE FACILITY DO SO
AT THEIR OWN RISK.**