



Fitness Center Rules and Regulations

- All building customers must submit a completed Fitness Center waiver prior to using the facilities. Once a waiver has been submitted, management will add access to your building key fob. If you do not have a building key fob you will need to request one from your company. You must utilize only your fob for access; the use of another individual's fob can result in termination of your access & use of the fitness center.
- All users are required to exercise good judgment when selecting proper exercise attire when using the fitness center. All users will be required to wear shirts and athletic shoes at all times (except floor exercises, yoga or aerobics). Street clothes and shoes are not permitted.
- There is a 20-minute time limit on the cardio machines when another user is waiting for this machine. All users are asked to be courteous when working out.
- All users are required to wipe all cardio and weight equipment after use. This includes all components of the equipment and the floor area around the equipment. Disinfecting wipes are provided for this purpose.
- All users are also required to clean up after yourself in the workout areas and in the shower/changing areas.
- All weights must be re-racked after each use.
- Dropping the weights is strictly prohibited as this creates noise that carries to other floors and lease spaces.
- Televisions are provided for your use at your discretion. Please avoid loud or offensive programs while other users are present.
- Music is provided in the fitness center at all times. If you would like to listen to your own music you must use headphones or ear buds, users may not play music on speakers from their phones or any outside devices.
- Fitness center users may NOT bring their own equipment to be used in the fitness center.
- Use of the fitness center is solely for the individual use of building employees, not family, friends or company employees from other locations. You must be a customer of San Jacinto Center to use the facility. At no time are children allowed to use any of the equipment or to be present in the fitness center.
- External trainers or instructors are **not** permitted.



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- The hours of operation of the fitness center are 5:00 A.M. to 9:00 P.M., Monday through Friday (excluding building holidays). The fitness center may remain open at other times, solely at the discretion of building management. The fitness center will be cleaned by the building's janitorial contractor starting at 9:00 P.M. Monday through Friday. In order to provide clean and stocked locker room facilities, the locker rooms will be closed for cleaning once during daytime hours, generally at 3:00 pm. Typically these cleanings will be completed within 20 minutes.
- The fitness center does not utilize an operator to run the facility. You must provide your own toiletries and clean up after yourself. Towels are provided as an amenity and may NOT be removed from the facility.
- There are separate Men's and Women's shower/changing areas. Lockers may not be used for more than two hours at a time. All items must be removed from the lockers when you finish utilizing the fitness center and absolutely nothing may be stored longer than two hours or overnight. As these lockers are not reserved, they are on a first come, first served basis. Please be considerate of others. Management reserves the right to remove & discard any locker contents remaining for more than two hours or at any time this policy is violated.
- Items are not to be staged at the showers as you are working out; they may be placed there just prior to showering. It impedes the flow of people getting in & out in a timely manner. Please be considerate of others.