

Fitness Center Rules

120 South LaSalle Street

This is an unsupervised facility – the use of the Fitness Center is at your own risk. Building Management and Ownership are not responsible for any losses, stolen items or injuries that may occur. These Rules are in addition to, and not in place of, all of your obligations under the 120 South LaSalle Street Fitness Center Liability Waiver and Release of All Claims.

All ID cards have been de-activated. To reactivate your ID card you will be required to sign a new waiver. Your ID card will be reactivated once the new waiver is signed.

- You must be employed by a Tenant of this Building to Enter.
- You must review and sign the 120 South LaSalle Street Fitness Center Liability Waiver and Release of All Claims before using the Fitness Center
- Users shall conduct a self-health screening prior to entering the fitness center or locker room. Users shall screen themselves for the following symptoms, and if any of these symptoms exist, user shall not enter the facilities
 - Temperature of 100.4F or higher
 - Cough, shortness of breath, or difficulty breathing
 - Chills
 - Muscle pain
 - New loss of taste or smell
 - Have a known respiratory condition
- Users must adhere to the occupancy limitations which are posted at each of the entrances. Users must visually inspect the facilities to see if occupancy has been met. If so, user may not use the facilities at that time.
- Users are responsible for sanitizing each piece of equipment before and after each use, using the provided sanitizing wipes.
- Users are required to wear a mask at all times while in Fitness Center and locker rooms in accordance with the City of Chicago guidelines.
- Users must always practice social distancing while using the fitness facility and locker rooms. Specifically, users must allow a minimum of six feet between themselves and others. In addition, Users must wash and/or sanitize their hands before working out and before leaving.
- Refunds for Fitness Center fees will not be granted under any circumstances.
- Failure to observe these Rules or other conditions may result in termination of your access to the Fitness Center.
- Guests are not permitted.
- Children under 18 are not permitted.
- Use of the Fitness Center is entirely AT YOUR OWN RISK.
- Building Management and Ownership are not responsible for any injuries or losses that occur in the Fitness Center.
- Air conditioning and heat will be provided when necessary in Building Management and Ownership's reasonable judgment to provide for comfortable occupancy during normal business hours, Monday through Friday.
- Appropriate exercise attire and shoes are required.
- Only physically qualified individuals, having a physician's approval, may undertake exercise routines.
- Should you feel nauseous, dizzy or faint, discontinue activity immediately, ask for help, use the emergency call button, or dial 911.
- If you are under the influence of alcohol, stimulants or depressants, use of exercise equipment is not permitted.
- You must read and follow any instructions on any exercise equipment before use.
- Food, beverage (other than water in plastic containers) and smoking are not permitted.
- Glass containers are prohibited in the Fitness Center.
- No music shall be played which shall disturb other users of the Fitness Center.
- Lockers are available for use only during your use of the Fitness Center. Locks left on lockers when you are not using the Fitness Center will be removed, as will all items left in the locker, and disposed of at no risk or responsibility to Landlord.
- Building Management and Ownership shall have no responsibility for any of your personal property in the Fitness Center at any time.
- If any equipment is broken, do not use it. Please report it to the Office of the Building.
- We recommend using a spotter when exercising with free weights.
- Do not drop free weights.
- Lower and raise the plates carefully on all resistance machines.
- After exercising, please wipe off equipment.
- Please be considerate of others, including limiting yourself to a reasonable amount of time on all cardiovascular equipment.
- Building Management and Ownership may change these Rules in their sole discretion. Your use of the Fitness Center is an acknowledgement that these Rules apply to your activities.

Thank you for your cooperation!

IN CASE OF EMERGENCY USE EMERGENCY CALL BUTTON OR DIAL 911