
METROPOINT FITNESS CENTER

ETIQUETTE

Fitness Center General Information:

- Cardkey Access - Access card is programmed for one year
- \$20.00 Non-Refundable Annual Fee - Membership expires on anniversary date
- Cash or Check Only - No credit cards accepted
 - Make Check payable to Interchange Investors, Inc.
- \$25.00 non-refundable replacement fee for lost access card
- Access is for Metropoint tenants only
- Hours are 6:00am – 6:00pm, Monday – Friday (may be closed mid-morning and mid-afternoon for enhanced cleaning)
- Lockers are for daily use only - remove personal possessions after workout session
- Member must have active access card in possession for Fitness Center entry

Fitness Center Forms Required:

The following forms must be signed and returned to Security Desk before cardkey is given to tenant

- Metropoint Fitness Center Etiquette
- Waiver of Liability, Assumption of Risk and Indemnity Agreement
- Assumption of the Risk and Waiver of Liability Relating to Coronavirus/Covid-19

Fitness Center Etiquette:

Maximize your enjoyment and efficiency when working out by following these guidelines:

- Clean Up After Yourself:
 - Always wipe equipment down with a handi-wipe when you are finished using it - dispensers are located throughout the fitness center
- Leave No Trace:
 - Return free weights and plates to their proper place when you are finished with them
- Keep It Down:
 - Unless there is an emergency, save cell phone usage for after your workout
- Machine Placement:
 - To keep cardio equipment in the proper working order, the machines must remain stationary - please refrain from moving equipment
- Television Stations:
 - Channels have been pre-selected for each television to offer the most popular programming for viewing during your workout - these channels are not to be changed
- Equipment Sharing:
 - Avoid monopolizing equipment and share with others so everyone can get a workout in

Sign Name:	
Print Name:	Date:
Company:	
Building:	
Phone Number:	