



121 Fitness Center Membership Benefits, Policies and Code of Conduct



- 1. Membership Benefits:** For current program information, call the 121 Fitness Center at 612-345-5160 or inquire at the front desk.
- 2. Membership Eligibility:** Exclusive membership to the 121 Fitness Center is free to all 121 Tower tenants in the property. Proper proof of affiliation to the 121 Tower, such as employee identification or an employer's written acknowledgement of employment, will be required at time of registration.
- 3. Access:** Members must use a valid property access card to enter the 121 Fitness Center. The 121 Fitness Center reserves the right to reduce hours for maintenance purposes, severe weather or any other reason beyond control of 121 Tower.
- 4. Change in Contact Information:** Member must notify the 121 Fitness Center staff in writing when any contact information changes, including access card number. Primary correspondence will be done via email.
- 5. Cancellations:** If you move out of the property, you will no longer have access to 121 Fitness Center. Please send us an email or stop by the front desk to let us know so we can take you off of our mailing list and cancel your membership.
- 6. Membership Cards, Access & Replacement Fees:** A 121 S 8th Street, 801 Marquette property identification or 121 Fitness Center Membership Card (if applicable) is non-transferable and must be shown at all times for admittance to the 121 Fitness Center. Transference, duplication, or alteration of membership cards will result in termination of membership. Please scan your 121 ID or membership card each time you check in so we can keep our reporting numbers accurate. Replacement fees will be charged for lost cards.
- 7. Facility Closures:** All facilities, programs, and services are subject to availability. The 121 Fitness Center will be closed on national holidays and as assigned by Property Management. In addition, maintenance closures may occur throughout the year to ensure the safety, cleanliness and quality of our facility. The 121 Fitness Center hours are Monday through Friday 5:00 a.m. to 9:00 p.m. and Saturday through Sunday 9:00 a.m. to 5:00 p.m. Hours are subject to change.
- 8. Emergencies:** In the event of an emergency within the Fitness Center, notify a staff member immediately and follow staff instructions. If you have any injury or adverse reaction to exercise, please alert the staff so they may contact emergency services to assist you.
- 9. Member Safety:** If a member is involved in a medical incident or if the fitness staff determine a member is at an increased risk for injury from physical activity for any reason, that member may be asked to provide a completed medical clearance form to the Fitness Center staff. Any personal health information collected by staff will be treated as confidential to the extent the law allows. Please report any incidents or injuries immediately to a 121 Fitness Center staff member. If a staff member is not available, there is an emergency phone and/or pull cord located at the front desk. AdvantageHealth Corporation, Ryan Companies and Franklin Street Properties suggest exercising only when at least one other person is present in the fitness center.
- 10. Equipment Usage:** Share equipment and allow others to use strength equipment when doing multiple sets. Do not drop weights or machine plates. Re-rack all weights/equipment to their designated storage areas. Benches must be kept out of walkways. Members must wipe equipment with the cleaning materials provided. Please report any equipment failures to the staff on duty.
- 11. Locker Policies:** The 121 Fitness Center is not responsible for personal belongings and is not liable for items that may be lost, stolen or cleared. Lockers are not for overnight use or for personal use outside of fitness center use, unless previously reserved. Members must provide their own locks.
- 12. Dress Code:** Appropriate workout attire must be worn at all times, including shirt, closed-toe shoes and shorts or pants. No profane or inappropriate clothing will be allowed. The Fitness Staff reserves the right to ask any member to change clothes.
- 13. Personal Hygiene:** Proper hygiene must be maintained by wearing clean clothing and using deodorant. Please refrain from using perfumes, fragrant lotions or colognes as they may be offensive to others.
- 14. Member Conduct:** No food or drinks (except fitness nutrition such as bars, gels and fluids in closed containers) are allowed. Cell phone use is only allowed for music using headphones. Please refrain from having conversations on your cell phone when in the fitness center. No personal items (i.e. gym bags) may be left in exercise areas or held by staff. No smoking, drugs, or alcohol are permitted and members may not use equipment while under the influence. Harassment of any sort – verbal, physical or visual – will not be tolerated.
- 15. Group Exercise Policies:** Classes may be canceled or altered without notice. Report any incidents or injuries immediately to the Fitness Staff.
- 16. Code of Conduct:** 121 Fitness Center members agree to abide by The 121 Fitness Center Membership Benefits, Policies and Code of Conduct.

The 121 Fitness Center is managed by AdvantageHealth Corporation.