

**USE EQUIPMENT AT YOUR OWN RISK.
CONSULT A PHYSICIAN BEFORE BEGINNING
ANY EXERCISE PROGRAM.**

1. Northland Fitness Center hours are Monday – Friday, 5:00 am – 8:00 pm and Saturday 7:00 am – 3:00 pm. Closed on all holidays that the building is closed.
2. The Fitness Center is to be used by Northland Center **Tenants only**. Friends, relatives, and visitors are **not** permitted to use this amenity. Everyone must have a fitness waiver on file and a building access card to enter.
3. Each tenant is responsible for controlling and monitoring access to the Fitness Center, ensuring the access cards are issued only to an employee and prohibiting its employees from lending their access cards to non-employees. Each person must use their access card to enter the Fitness Center as to assure that non-employees or non-tenants are not accessing the fitness area. Please see note below regarding revoking fitness center access.
4. Northland Fitness Center and locker rooms are not supervised by Building Owners or Managers or any other personnel. Any use of these space is at the user's own risk. Please contact the property management office if you see suspicious activity.
5. Locks are not allowed on lockers **except** while working out. Remaining locks will be cut off each night. Personal belongings must be removed from the lockers, showers, and fitness center area after your workout. Any personal items left behind will be discarded.
6. Please wipe off equipment after use. Sanitary wipes are available throughout the Fitness Center.
7. No food or drink (besides water) or glass containers in Fitness area.
8. Doors are **not** to be propped open at any time.
9. Please use equipment properly and follow directions carefully. Contact property management at 952-893-8810 or northlandcentermn@cushwake.com with any equipment issues.
10. When others are waiting please limit your time on the machines to 30 min.
11. You must wear appropriate workout attire; including athletic shoes. No sandals, boots, dress shoes, bare feet, non-athletic attire or shoes permitted in workout room or studio.
12. Return all weights and equipment to appropriate location after use.
13. When classes are in session at 11:30 am and 12:40 pm, the studio is not open for general use.
14. Smoking (including e-cigarettes) is not permitted in the Fitness Center.
15. No children (17 or under) allowed in the fitness center.
16. Please be respectful of our facilities and other tenants.

These Rules and Regulations are subject to change by Management at any time. If you are in violation of any of these Rules, Management has the right to revoke your access to the fitness center.

Thank you for your cooperation.

NORTHLAND CENTER

NORTHLAND CENTER FITNESS CENTER WAIVER AND RELEASE FORM

I agree that my use of the athletic and fitness equipment and facilities of the Fitness Center, which also includes the locker rooms, located at 3500/3600 American Blvd W., Bloomington, Minnesota (the "Facilities"), is voluntary and that the use of such Facilities and any services provided in connection therewith are not essential. I also understand that the use of the Facilities and participation in any activities at the Fitness Center carries a risk of serious personal injury. Knowing these risks and as consideration for permission to use the Facilities, I hereby expressly agree that all exercises and treatments that I may undertake and my use of the Facilities shall be undertaken by me at my sole risk.

I hereby forever waive, release, and discharge and agree to hold harmless **GKII Northland Center, KBS/GK Fund II LP** and **Cushman & Wakefield U.S., Inc.**, as managing agent GKII Northland Center, and any companies related to them, as well as their directors, employees, and representatives (hereinafter "Released Parties") from all claims, damages, liabilities, lawsuits and injuries to my person or property occurring on or about the Fitness Center or use therewith, even though caused by the active or passive negligence of any of the Released Parties.

I agree to abide by the rules, regulations and policies established by property management and acknowledge that property management reserves the right to amend the rules, regulations and policies at any time without prior notice to me.

Lockers may be used, free of charge, daily, but items **MUST BE REMOVED DAILY** You must bring your own lock. Any locks left overnight will be removed and items left overnight will be discarded.

I understand that I am only eligible to use the Facilities while I am a current employee of a current tenant of Northland Center. I agree to notify property management immediately in the event my employment is terminated for any reason.

My signature below signifies that I have read, understood and accepted the terms of this Waiver and Release.

**Form must be filled out COMPLETELY AND CLEARLY before granted fitness center access.
Please allow 5 business days for processing.**

Date: _____

Signature: _____ (Must be signed, not electronic)

Print Name (Clearly): _____

Access Card Number: _____

Company Name: _____

Building # & Suite Number: _____

Phone Number: _____

Email Address (Print Clearly): _____

**PLEASE EMAIL THIS WAIVER TO
NORTHLAND CENTER
northlandcentermn@cushwake.com**