

Informed Consent Waiver

I, the undersigned, desire to use certain exercise facility and equipment (the "Fitness Center") which is located in the building known as Long Lake Crossings, located at 1441 W. Long Lake, Troy, Michigan.

I, the undersigned, wish to participate in the fitness program offered by Long Lake Crossings. I certify that I am physically able to participate in any activity in which I will take part. I have a reasonable basis for this opinion due to examination and/or consideration with my physician. I also certify that I will use good judgment while exercising and will not overexert. I recognize that I am responsible for knowledge of my own state of health.

I realize that any time one engages in physical activity there are inherent dangers. I therefore accept any and all responsibility and assume the risk of any and all injury or damage to my person which may arise, whether directly or indirectly as a result of my participation in the Fitness Center. I hereby release and hold harmless from any liability whatsoever the ownership and management of Long Lake Crossings, as well as its affiliates, directors, officers, employees and representatives.

I also agree to abide by the rules and regulations as established by the ownership and management of Long Lake Crossings with the understanding that violation of such rules may result in withdrawal of my privilege to utilize the facility.

I certify that I understand and agree to the contents of this waiver.

Signed _____ Date _____

Print Name _____

Witness _____

Suite _____

Long Lake II

Rules & Regulations

The Long Lake Crossings Fitness Center is an amenity for our tenants, located at 1441 W. Long Lake Road, Troy, Michigan. It is an unmanned facility and as such requires a great deal of cooperation from its members. Please be respectful of the facility and others at all times. As with any fitness center, we do have rules that must be followed in order for you to have a safe and friendly environment. All rules must be followed by all individuals. Failure to comply will result termination of access to the facility.

1. Before receiving access to the facility, employees must have a signed Rules & Regulation form as well as a signed waiver of liability on file in the management office.
2. Tobacco, alcohol or chewing gum is not allowed in the facility.
3. Water in non-breakable/sealable containers is allowed. Any other food and beverage is prohibited.
4. Proper gym attire is required. Please keep personal items off the floor and stored in a locker.
5. Lockers are only to be used while you are using the facility. Please do not store items in the lockers. Any item left will be removed.
6. The Fitness Center is for building employees only. Anyone who allows someone to use the facility will be subject to immediate termination of privileges. Please do not allow anyone in the facility, even if they are a building tenant. Each member is responsible for using their access badge to enter the facility.
7. If people are waiting to use the equipment, please limit your time to 30 minutes.
8. Toiletries are provided for the shower. Members are responsible for bringing their own towels. Any personal items left will be removed and discarded.
9. Members are fully responsible for personal items that are lost, stolen or damaged at the Fitness Center.
10. No cameras are permitted.
11. Please wipe down equipment after each use.
12. Employees are responsible for leaving the facility clean and following posted rules for safe use and maintenance of equipment.
13. Please report any broken/damaged equipment or maintenance concern to the management office.
14. The Fitness Center is for fitness related activities only. No loitering allowed.
15. Be mindful and respectful that there are other tenant's offices surrounding the facility.
16. No equipment is to be removed from the premises.

X _____

Member's acknowledgement

Date

Print Name

Suite Name and Number