

A large, dark blue ink splatter or watercolor blotch is centered on a white background. The splatter has irregular, organic edges with some lighter blue and grey tones visible within and around it. The text is centered within the dark blue area.

Fitness Centers

Pennant Park

Fitness Centers located on the Lower Level (LL) of buildings 210 and 360.





Hours of Operation

Building 210

6:00am to 9:00pm Monday - Friday

Building 360

6:00am to 8:00pm Monday - Friday

Fitness Center Equipment

- Recumbent Bike
- Leg Press Machine
- Lat Pull Down
- Upright Bike
- Leg Extension & Curl
- Chin Up
- Treadmills
- Multi-Hip Station
- Abdominal Machine
- Elliptical Machine
- Standing Calf
- Deltoid Machine
- Stairmaster
- Overhead Press & Fly
- Glute Machine
- Rowing Machine
- Chest & Bench Press
- Free Weights & Benches



360 Pennant Park



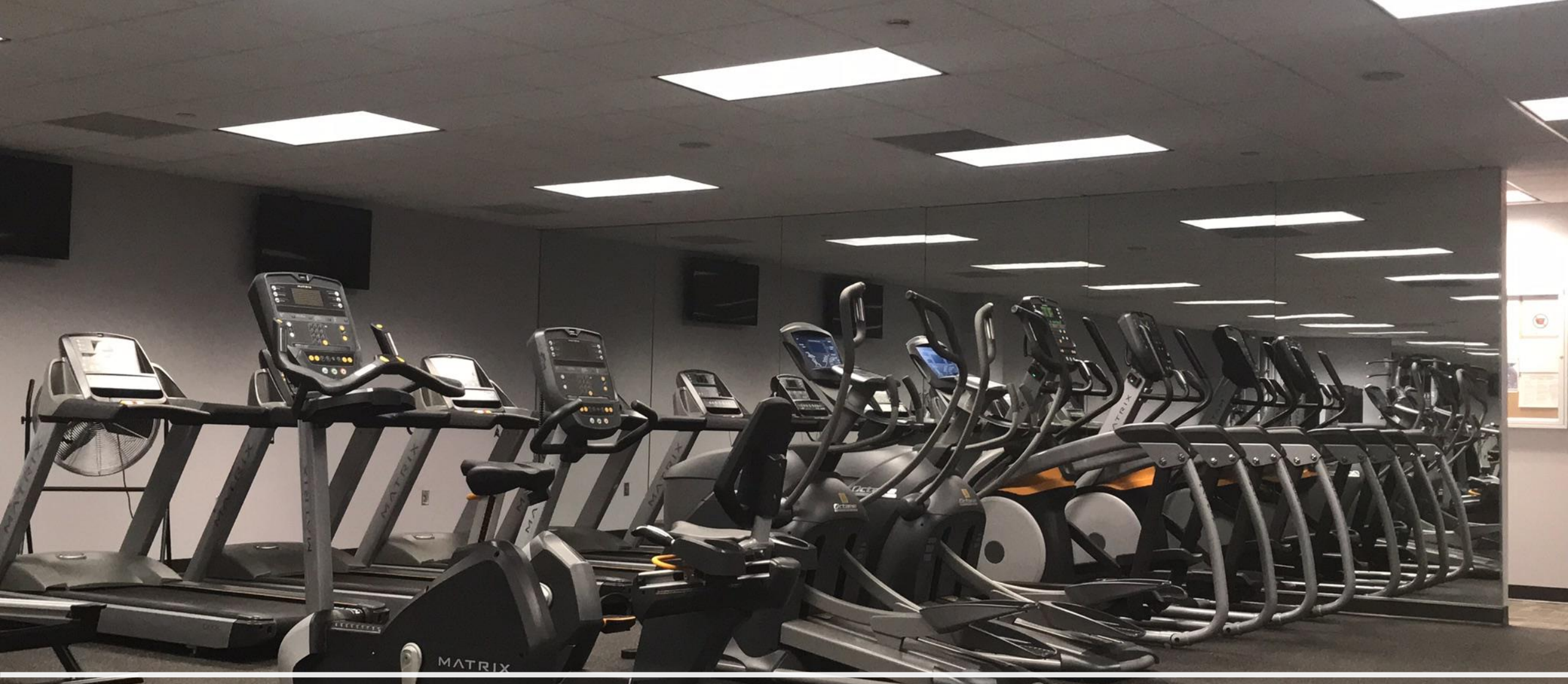
360 Pennant Park



210 Pennant Park



210 Pennant Park



210 Pennant Park



Rules & Regulations

- A Fitness Center Agreement of Release & Waiver of Liability (“Agreement”), incorporating these rules and regulations must be signed by each user prior to using the Fitness Centers.
- Fitness Centers are for the sole use of employees of tenants on their own time. Visitors, guests, family, and other non-building employees are not permitted.
- Use of the Fitness Centers will be on an unreserved, first-come, first-serve basis.
- All doors to the Fitness Centers shall be locked at all times and users may not keep any door open and/or unlocked.
- Access to the Fitness Centers is by cardkey entry to the entrance door only. For your safety, do not permit access to others. Your employee ID must be present during your workout.



Rules & Regulations

- Lockers are available for use while you are using the facilities to store your personal belongs. Management is not responsible for providing locks for the lockers. Personal items are not to be left in locker room showers, or on floors and counter tops. Remember to remove all personal belongings from the locker when your workout is finished and to remove any lock you have used. Management reserves the right to cut the lock and dispose of personal belongings that have been left unattended.
- The Fitness Centers and equipment must be used only for their intended purpose. Users are not permitted to remove any equipment from the Fitness Centers.
- Proper attire, including shirts, shorts, and athletic shoes must be worn in the Fitness Centers at all times.
- Know your limits – unspotted free weights can cause injury.



Rules & Regulations

- In consideration of other users of the Fitness Centers, please return weights to the rack when you are finished lifting. Do not drop weights on the floor.
- Please be respectful, kind and courteous to other users of the Fitness Centers.
- Please use headphones with personal listening devices. Each user must keep noise levels to a minimum.
- No food or beverages (except water and sports drinks) are allowed in the Fitness Centers. No glass containers may be brought into the Fitness Centers.
- Please wipe down each piece of equipment immediately after use utilizing the sanitary wipes provided and promptly clean up after yourself.
- All portable equipment including mats, weights and television remote controls, must be returned to their proper locations after use.



Rules & Regulations

- Each user must observe all requirements and warnings of posted signs.
- Each user is responsible for any damage to the Fitness Centers caused by such user.
- Each user must promptly report each observed malfunction and need for repairs to the equipment and facilities to the property management office.
- Use of the equipment and of the Fitness Centers is at your sole risk. Only medically fit persons may use the Fitness Centers.
- Report suspicious activities to the property management office.
- For medical emergencies, call 911 and then the property management office.