

# **MARKET SQUARE NORTH FITNESS CENTER Rules and Regulations**

## **1) EMERGENCY PROCEDURES:**

a) Call 911

i. Our address is:

Market Square North Fitness Center  
The Lexington at Market Square  
400 8th Street, NW, Concourse Level  
Washington, DC 20004

ii. The Fitness Center Phone Number is: (202) 420-5963

b) Administer rescue breathing or CPR as needed.

c) A First Aid Kit is in the office of the Fitness Center.

**2)** Please be aware the fitness equipment in this facility presents hazards, which, if not avoided, could cause serious injury or death. Prior to using the equipment, read the warning labels and the instruction placards affixed to each machine. If you are unsure of how to use this machine, seek the assistance of the Fitness Director. We will be pleased to instruct you on how to use the equipment properly. Immediately report any piece of equipment that is not functioning properly to our staff so that it may be evaluated and serviced promptly. Do not attempt to use or fix any piece of equipment that is not functioning properly.

**3)** The Market Square North Fitness Center is for the exclusive use of the residents of The Lexington at Market Square and the office tenants at Market Square North. All users of this facility must have an executed Waiver of Liability form on file with the Fitness Director prior to using the facility.

**4)** Please be courteous of others:

a) Please do not keep clothing in lockers overnight. Locks will be cut off and contents removed periodically to ensure that all Fitness Center users have equal access to the facilities.

b) Please wipe down equipment after use. Spray bottles with disinfectant and towels are provided. Please carry a hand towel with you while you are working out.



- c) When using the televisions located at the cardiovascular equipment, please use headphones.
- d) Please return free weights to racks when you have completed your workout in the free weight area.
- e) Please return all used towels to the proper receptacles in the locker rooms.
- f) Please refrain from vulgar language towards other members while using the fitness center.

Thank you for your consideration of others using the Market Square North Fitness Center.

**Staffed Hours**

**6AM-6PM Monday - Friday**