

FITNESS CENTER RULES AND GENERAL INFORMATION

- Fitness center hours for i|o at Playa Vista tenants: **Monday - Friday, 6:00AM - 10:00PM**
- Fitness center HVAC hours: **Monday - Friday, 6:00AM - 10:00PM**
- All i|o fitness center members are required to sign the provided updated Fitness Center waiver prior to being given access.
- All patrons are responsible for following all local health guidelines and waiver guidelines.
- Members need to wipe down the exercise equipment after each use; multiple sanitizing wipes are located inside the fitness center.
- Proper fitness attire must be worn. Shirt, pants and shoes are required. (NO Jeans, open toe shoes/sandals, dress shoes or boots)
- **DO NOT DROP FREE WEIGHTS OR WEIGHT STACKS**
- **WEIGHTS ARE NOT PERMITTED IN THE EXERCISE/YOGA ROOM**
- Storage of personal exercise equipment brought into the fitness center (i.e, jump rope, etc.) is not permitted. All fitness equipment, not provided by management, stored in the fitness center will be removed and discarded nightly.
- Replace weights, benches and fitness equipment to their appropriate place
- Please be considerate of other members and do not exceed 30 minutes on exercise machines when individuals are waiting
- No gym bags, purses or back packs are permitted on the gym floor
- **NO OVERNIGHT** use of lockers is permitted. All locks will be removed after 24 hours without liability of ownership, directors, officers, employees and agents (collectively, the "Owner Parties")
- Only authorized personnel are allowed behind the reception area
- No cell phone use on the gym floor
- NO loud music or other media; please use headphones
- NO LOITERING
- Please be respectful of another individual's right to a quiet and stress-free workout environment.
- All areas of Fitness Center Assumption of Risk and Release and waiver of liability apply
- All areas of Fitness Center Waiver Covid-19 Addendum apply

Please notify the management office, should any equipment require attention or if you have any questions, please call the building management office at (310) 862-9490.

Thank you,
LPC Building Management

Have a safe, enjoyable workout!