

FITNESS CENTER RULES & REGULATIONS

Only authorized members may use the Fitness Center and the locker rooms inside the Fitness Center.

Absolutely NO visitors or non-members are allowed at any time.

Persons not presently on an exercise program should **CONSULT A PHYSICIAN** prior to beginning any exercise activity.

Anyone using the facility or the showers uses **them at their own risk and assumes full and complete responsibility** for any injury or loss that might be suffered as a result of such use.

This Fitness Center is designed for individual use and is not to be used for group-based activities.

NO SMOKING ALLOWED in the facility.

NO ALCOHOLIC BEVERAGES ALLOWED in the facility.

PROPER ATTIRE (shirts and shoes) must be worn at all times.

All equipment and facilities must be used in accordance with the instructions posted in the Fitness Center. The building management does not provide any supervision of the use of the equipment. If you are not acquainted with the usage of the equipment, do not do so until you understand its proper operation. With all weight equipment, **do not use more weight than you can comfortably and safely use.**

Towel service is provided as a convenience or amenity for use by authorized members of the Fitness Center. Used towels should be placed in marked collection receptacles within the facility. Do not remove towels from the facility.

Electronic locks are present on each locker. Instructions for use of the electronic locks are available from the management office. Lockers should only be locked and personal items should only be stored in lockers on the lockers while you are actively using the Fitness Center. **Lockers are not assigned or available for full-time use. Do not leave personal items in lockers when you are not actively using the Fitness Center.**

No clothes or personal articles are to be left in the Fitness Center or locker rooms. The building management has no responsibility for personal items left in the Fitness Center or locker rooms. Do not leave any equipment or personal articles in traffic areas where people could be injured.

Please keep the Fitness Center safe for everyone by following these regulations and **all** printed instructions posted in the facility. **Remember**, these rules are for your safety.

Keep the area in the fitness center and the showers **CLEAN** and **NEAT** at all times. This facility is for Glenridge Highlands tenant employees who are authorized members of the Fitness Center. We will need everyone's full cooperation to ensure its successful operation to meet your fitness needs.

If you have any questions or need to report any maintenance or operational issues, please do not hesitate in contacting the management office at **404-481-5200**.

RELEASE FROM LIABILITY FORM

I hereby acknowledge that use of the exercise facility located at Glenridge Highlands One & Glenridge Highlands Two is completely at my own risk. Therefore, in exchange for being allowed to use the exercise facility, locker rooms, and showers located on its premises, I understand and expressly acknowledge that I hereby release, agree not to sue, and forever discharge Piedmont Glenridge Highlands One, LLC, as owner of Glenridge Highlands One, its employees, directors and officers, Piedmont Office Management, LLC, as property manager of Glenridge Highlands One, Piedmont Operating Partnership, LP, as owner of Glenridge Highlands Two, its general partners, employees, directors and officers (including the directors and officers of the general partners of Piedmont Office Realty Trust, Inc.) and its employees, and their respective affiliates (collectively, the "Released Parties"), of and from any and all manner of claims, demands, actions, causes of action, liability, damages, claims for punitive or liquidated damages, claims for attorney's fees, costs and disbursements, individual or class action claims, and demands of any kind whatsoever, I have or might have against them or any of them, whether known or unknown, in law or equity, contract or tort, arising out of or in any way relating to my use of the exercise facility, locker rooms, and showers located at Glenridge Highlands One and Glenridge Highlands Two and loss of personal property, however originating or existing. This release shall be binding upon my heirs, personal representatives, administrators, executors, and assigns. I understand that this release includes, without limitation, all injuries which may occur as a result of the use of any equipment in the exercise facility, the malfunctioning of any such equipment and my slipping and/or falling while in or on the exercise facility premises, including showers. I understand that this release includes any claims based on negligence, action, or inaction of the Released Parties, their tenants or their guests. In addition, I hereby agree to defend, indemnify and hold harmless the Released Parties from any and all costs, claims, liability, harm, damage or expenses resulting from my use of or entry into the exercise facility, locker rooms, and showers at Glenridge Highlands One and Glenridge Highlands Two. In addition, I acknowledge and understand that while in the exercise facility I will be held to the same high standards of behavior expected of any other reasonable and prudent person using the exercise facility or a similarly-situated exercise facility.

In addition to the forgoing I hereby further acknowledge and agree as follows:

- The exercise facilities at Glenridge Highlands One and Glenridge Highlands Two are unmanned and unsupervised. All employees or agents of the Released Parties who may be present at any time in the exercise facilities are not trained or authorized to provide health, fitness, or medical assistance or advice.
- I am in good physical condition and able to use the exercise facility. I have a reasonable basis for this opinion due to examination and/or consultation with my physician. I fully recognize that I am responsible for knowledge of my own state of health at all times.
- I have read and shall abide by any and all rules and regulations which may heretofore or may hereafter be enacted by Glenridge with regard to the use of the exercise facility, and I further acknowledge and agree that Glenridge shall have the right to modify the rules and regulations concerning the use of the exercise facility at any time.
- Although the use of the facility is currently at no charge to members, I acknowledge that Glenridge may have the right in the future to charge a daily, monthly or annual fee for the use of the exercise facility and I will have no right to use the exercise facility unless I have paid the required fee.
- Glenridge may terminate my right to use the exercise facility at any time without notice to me, provided that Glenridge refunds my prorata share of any pre-paid fee to me, if any.
- The use of the security access card/fob provided by Glenridge for access to the exercise facility and showers is personal to me, and I will not allow any other person to use the card/fob or to gain access to the exercise facility or showers with my card/fob and will not allow any non-members to accompany me into the facility.

GLENRIDGE HIGHLANDS ONE AND TWO

Fitness Center Coronavirus/COVID-19 Acknowledgement, Release, and Assumption of Liability

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious. As a result, federal, state, and local governments and health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people.

With this in mind, it is important that users of the fitness center and locker room facilities ("Fitness Center") located at Glenridge Highlands One & Two (the "Building") take steps to mitigate the risk of infection. **We are therefore requiring that users of the Fitness Center sign below and return this document to property management for the Building before entering the Fitness Center. Anyone who does not sign and return this form will not be permitted to enter the Fitness Center.**

By signing below, I attest, represent, and warrant that the following are true and correct to the best of my knowledge:

1. If within 14 days of the date preceding my entry into the Fitness Center, I am diagnosed with COVID-19 (and have not been cleared as non-contagious by my physician), suspect that I am infected with COVID-19, or am exposed to a person with a confirmed or suspected case of COVID-19, I will not enter the Fitness Center.
2. If I am experiencing any symptoms of COVID-19, or I have experienced any such symptoms within the 14 days preceding my entry into the Fitness Center, and have not received a negative COVID-19 test following the onset of such symptoms, I will not enter the Fitness Center. I understand that symptoms of COVID-19 include, but are not limited to, the following: cough, shortness of breath or difficulty breathing, fever, chills, muscle pain, sore throat, and/or new loss of taste or smell.
3. I agree that I will follow the following safety precautions while using the Fitness Center:
 - Wear a face covering if required by local authorities.
 - Wash hands or use hand sanitizer frequently and maintain good hygiene generally.
 - Maintain social distancing whenever possible.
 - Such other reasonable requirements as others may request, or which may be posted in the Fitness Center.

By signing below, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19 by entering the Fitness Center and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 while using the Fitness Center may result from the actions, omissions, or negligence of myself and/or others, including, but not limited to, other users of the Fitness Center, those providing services or support at the Fitness Center, and other individuals. I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I may experience or incur in connection with my entry into the Fitness Center ("Claims").

GLENRIDGE HIGHLANDS



By signing below, I hereby release, covenant not to sue, discharge, and hold harmless Piedmont Glenridge Highlands One, LLC, Piedmont Operating Partnership LP, Piedmont Office Management LLC, Piedmont Office Realty Trust, Inc., Piedmont Office Holdings, Inc., and their affiliates, related entities, parent and subsidiary companies, and their employees, independent contractors, agents, and representatives (collectively, the "Released Parties"), of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of Released Parties, whether a COVID-19 infection occurs before, during, or after use of the Fitness Center.

I confirm that I have read this Agreement, understand its contents, and enter into this Agreement voluntarily in exchange for my being permitted to enter the Fitness Center.

Print Name _____

Signature _____

Date _____



GLENRIDGE HIGHLANDS



I have carefully read and I am voluntarily signing this authorization and release form.

Name: _____	Access Fob Number: _____
Company Name: _____	Email Address: _____
Phone Number: _____	Suite Number: _____
Applicant Signature: _____	Date: _____
Emergency Contact: _____	Telephone: _____

****Applications cannot be processed without completing all information/fields listed above.****

PLEASE EMAIL COMPLETED FORM TO: mary.glenn@piedmontreit.com

(Fitness Center access will be activated within 48 hours following receipt of paperwork.)

