

FITNESS CENTER RULES & REGULATIONS

Welcome to the Velocity Fitness Center at PPG Place! The fitness center is located on the lower level of Two PPG Place. The workout facility includes cardio equipment, free weights, resistance machines, an exercise room and Peloton bikes with workout subscription included. This amenity is provided free to our customers with a signed liability waiver; your building access card will then have fitness center access added.

Please ensure you always keep your access card with you, as there is no on-site staff available to assist in the event of a lockout.

Fitness Center Hours

Monday – Friday 5:00 AM to 9:00 PM | Saturday 7:00 AM to 12:00 PM

- All Users of the Fitness Center ("Facility") shall obey these Rules & Regulations, and all changes to them.
- The Facility is available for use to in-house employees of PPG Place customers only.
- For everyone's safety, users are **NOT** permitted to admit other people to the Facility.
- Users of the Facility must be 18 years of age or older.
- Lockers are available for temporary daily use during a users' exercise period only. No overnight use of lockers is allowed. Any items left in lockers at end of day will be removed.
- Keep locker room clean of debris; wipe sink/counter area after use.
- Towels are provided through a linen service. Please do not remove from the Facility, place in hampers provided.
- No changing in common area. All users must remain fully clothed while in the common areas of the locker room.
- All users of the Facility must always wear appropriate athletic attire. All persons are required to wear shirts at all times. Stocking feet, sandals, work boots, and "street" shoes are not allowed in exercise areas. No bare feet are permitted except in showers and changing areas.
- No food or glassware is allowed in the exercise area of the Facility.
- Each user is responsible for providing their own headphones.
- No profanity or loud music is allowed in the Facility.
- Please replace weights and other portable equipment to their proper place after use. Dropping or slamming of weights is strictly prohibited and will not be excused except in the case of a true accident.
- Please use the wipes provided to wipe down equipment after use.
- Neither the Landlord nor Management is responsible for "Lost and Found" items left behind in the Facility.
- These Rules & Regulations are not all inclusive. Changes to the rules and regulations governing the use of the Facility may be made from time to time as necessary and as determined in the sole discretion of Management. On all questions regarding the interpretation of the rules and regulations, the decision of Management shall be final.
- Violation of any Rule or Regulation can and may result in the suspension or termination of the offending user's use license.
- There will be a \$15 fee for replacement access cards.

FITNESS CENTER EQUIPMENT

Cardio Equipment:

Precor TRM865 Treadmill	Precor EFX865 Elliptical	Precor RBK865 Recumbent Bike
Precor UBK Upright Bike	Precor SCL835 Stair Climber	Precor AMT885 Adaptive Motion Trainer
Assault Rower	Schwinn Airdyne Pro	Peloton Bikes

Circuit Equipment (Precor):

Abdominal Crunch	Back Extension	Leg Extension
Seated Leg Curl	Leg Press	Chest Press
Seated Row	Lat Pulldown	Shoulder Press
Arm Curl	Seated Dip	FTS Functional Trainer
Cable Cross-Over	Kettle Bells	Medicine Balls
Core Bags	Jump Ropes	Battle Ropes
Dumbbells	Stability Balls	Hanging Exercise Mats

Please call Management Office at 412-434-1905 to report malfunctioning equipment.

Wireless internet is available in the facility. **Highwoods – Guest (No Password)**

Shower facilities are available in the locker rooms; a towel service is provided.