

**EXHIBIT A**  
**900 7th Street, NW, FITNESS CENTER**  
**RULES AND REGULATIONS**

The following rules and regulations are intended to make the 900 7th Street, NW Fitness Center as safe, enjoyable, and pleasant as possible for all users. These rules are applicable to all users and may be changed from time to time by Akridge in order to provide for the safe, orderly, and enjoyable use of the facility and equipment.

1. **Use.** Only those individuals who are employed by a tenant which has executed an Indemnity and Release Agreement and have themselves executed a Waiver of Liability may use the facility; no guests are permitted. Users shall use the facilities and related equipment solely for aerobics, fitness, weight training and similar athletic use. No competition of any kind shall be held. Only use equipment which you are certain is appropriate for you and which you can safely use without risk to yourself or others.
2. **Hours of Operation.** The facilities may be used anytime except during periods of repair, cleaning, emergency or other emergent situation.
3. **Clothing.** The minimum attire at the facility shall be gym shorts, tee shirts, and tennis shoes. Any conventional exercise attire is permissible including leotards and tights, warm-up suits, etc. Sneakers, tennis shoes, dance slippers, or similar footwear must be worn at all times. Users of the facility must wear clean and appropriate attire when in transit to and from the facility, which may include, but is not limited to, warm-up suits and sweat suits.
4. **Conduct.** Any conduct which unreasonably interferes with the use or enjoyment of the facility or the equipment by other persons, or disrupts or interferes with the normal, safe, orderly, and efficient operation of the facility or the equipment, is strictly prohibited. Personal radios, tape recorders, or other similar equipment may not be used without headphones.\* Please exercise normal courtesy when using the equipment and the time spent on equipment as to which others are waiting.
5. **Use of Tobacco Products.** Smoking or vaping of any kind or any other consumption of tobacco or similar products is strictly prohibited.
6. **Solicitations and Petitions.** Solicitations for the sale of any product, service or charitable contributions, and petitions of any kind are strictly prohibited.
7. **Identification.** Users must present their magnetic access Kastle cardkeys upon request by Akridge employees for identification purposes. Akridge assumes no responsibility for lost or stolen access keys.
8. **Food and Beverages.** Food and beverages are prohibited and shall not be brought into the facility for consumption within the facility with the exception of water.
9. **Notices, Complaints, or Suggestions.** Users must immediately notify Akridge in the event they discover any defect or other unsafe or hazardous condition relating to the facility or the equipment, or any serious breakage, sickness, fire, or disorder at the facility. Complaints or suggestions as to the operation, maintenance, services, or equipment at the facility are welcome. Such notices, complaints, or suggestions should be sent to the attention of Melanie Alvarado, Client Services Coordinator at [malvarado@akridge.com](mailto:malvarado@akridge.com), and/or Sonia Zamora, Portfolio Manager at [szamora@akridge.com](mailto:szamora@akridge.com). If any piece of equipment is believed to be defective, inoperable or not operating correctly and safely, do not use the equipment and notify Akridge immediately.
10. **Locker and Shower Facilities.** All rules and regulations also apply to the locker and shower facilities. Lockers are for daily use only, however long term storage for personal items is prohibited.
11. **Please clean equipment of perspiration after your use.**
12. **Governmental Requirements.** From time to time, local, regional or federal regulations or other governmental requirements may require that the facility be closed or its use restricted. In addition, the use of masks or similar items may be required in response to health emergencies or concerns, and an individual's use of the facility is conditioned upon strict compliance with any such requirement.
13. **Violation of Rules.** Failure or refusal to comply with these rules and regulations may result in the loss of individual privileges upon notice from Akridge.
14. **Classes and Group Activities.** Akridge expressly reserves the right from time to time, and in its sole discretion, to initiate, permit, change, cancel, or discontinue classes or group activities. Whenever possible, Akridge will attempt to give adequate notice to users if classes or group activities are scheduled, changed, canceled, or discontinued.
15. **Maintenance.** No user shall leave any litter, trash, debris, or articles of clothing at the facility.

\* *EXCEPTION: In the spirit of cooperation, others may have to listen to music if there is an organized group working out, (i.e. aerobic workouts, etc.)*

**EXHIBIT B  
WAIVER OF LIABILITY**

In order to use the exercise (and weight training) facilities and equipment located 900 7<sup>th</sup> Street, NW, Washington, DC (hereinafter referred to as "Fitness Center"), I hereby certify as follows:

1. I am in good physical condition and able to use the facilities and equipment and to participate in exercise and fitness activities available there. I will perform all exercises and participate in all activities at my own risk.
2. I understand that in participating in one or more exercises or fitness activities at the facility or in use of the equipment, there is a possibility of serious injury or death. Prior to engaging in any exercise activity or program, I will consult with my physician to make certain that I am able to safely engage in such activity. **I AGREE TO ASSUME THE RISK OF SUCH INJURY AND INDEMNIFY AND HOLD HARMLESS THE IBEW HEADQUARTERS BUILDING, LLC, THE JOHN AKRIDGE COMPANY, THE JOHN AKRIDGE MANAGEMENT COMPANY, AND ANY OFFICERS, DIRECTORS, SHAREHOLDERS, PARTNERS, EMPLOYEES, PERSONNEL, OR AGENTS THEREOF, FROM LIABILITY FOR ANY AND ALL INJURY, ILLNESS, HARM, OR DAMAGE RESULTING FROM MY USE OF THE FACILITY OR THE EQUIPMENT, EXCEPT TO THE EXTENT SUCH AN INJURY, ILLNESS, HARM, OR DAMAGE IS CAUSED BY THE WILFUL MISCONDUCT OR GROSS NEGLIGENCE OF SUCH PARTIES.**
3. I understand that there is no personnel, instruction, surveillance, or security provided in the Fitness Center to protect me from third parties or other harm, and I enter and use the Fitness Center at my own risk.
4. I acknowledge that I have received and read a copy of the Rules and Regulations attached hereto governing the use of the Fitness Center, equipment and courts, and I agree that I will fully comply with these Rules and Regulations as they are amended from time to time.

Witness/Attest (Office Manager ONLY):

By: \_\_\_\_\_

Participant: \_\_\_\_\_  
Signature

Date: \_\_\_\_\_

Print or Type Name: \_\_\_\_\_

Date: \_\_\_\_\_

Kastle Card Number: \_\_\_\_\_

Locker Room Access: Male  Female