

FIRST NATIONAL BANK BUILDING FITNESS CENTER GENERAL INFORMATION

LOCATION

Located on the first floor at the corner of 5th Avenue and Minnesota Street, the Fitness Center is conveniently located and accessible on street level and by escalator and elevator service from the First National Bank Building skyway.

DESCRIPTION

The FNBB Fitness Center is exclusive to **Tenants only** of the First National Bank Building. Men and women's locker rooms have showers and daily lockers available at no fee, while long-term rental lockers are available by contract. Both the Fitness Center and the locker rooms will be accessible only by issuance of personal electronic pass cards. All members must sign a Release of Liability Waiver form, and their employment as a tenant in the building verified. Should we discover that you are violating these policies; your access to the Fitness Center may be terminated.

The fitness center is designed to meet a wide variety of fitness interests and goals. It is equipped with state of the art cardio and resistance training equipment, and a fitness studio where yoga and low impact classes are held.

CARDIO AND STRENGTH TRAINING EQUIPMENT

The FNBB Fitness Center offers a wide array of cardio equipment including treadmills, elliptical trainers, and upright and recumbent stationary bicycles. Strength training equipment includes, leg extension, leg curl, leg press, thigh machine, chest and shoulder press, lat pull-down, chin up, rowing and bicep curl, triceps pushdown, abdominal machines and a full set of free weights. Equipment usage instructions and charts are posted on or within the electronic component of the equipment to guide you with proper settings and use.

Please use the equipment appropriately and replace weights after use. The greatest benefit is gained from slow and consistent movements. Thrusting movements and dropping weights is potentially harmful to you, the flooring, and the equipment.

Equipment sanitizing wipes are provided in the cardio and strength training area. ***It is each member's responsibility to WIPE DOWN the equipment after each use.***

Wall-mounted, flat screen televisions are strategically placed for everyone's use. Please keep the **volume** at a reasonable level as the Cardio machines are equipped with individual televisions, and are audible only by using personal ear buds. ***Slowly disconnect*** your ear bud plug from the cardio equipment to reduce wear on the connection.

Please notify the Tenant Services Coordinator at info@fnbbuilding.com or 651-225-3666 with any equipment issues.

FITNESS STUDIO

The Fitness Class Room is available for tenants to participate in fee based fitness classes or independent stretching. Fitness equipment such as yoga mats, resistance bands, and other "soft" or porous equipment is not provided.

FIT TO LIVE

Fit to Live is a contracted third party, providing fitness training and classes in the FNBB Fitness Center. Class types and times will vary dependent upon Fitness Center member interest. Fit to Live classes are fee based. Questions regarding classes and how to register for a class may be directed to Linda Simon at Linda.simon@usfamily.net.

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HOURS OF OPERATION

5:00 am – 10:00 pm Monday through Friday

6:00 am – 5:00 pm Saturday and Sunday

Closed on the following holidays:

New Year's Day	Labor Day
Memorial Day	Thanksgiving Day
Independence Day	Christmas Day

ACCESS CARDS

FNBB Member's first access card is provided by building management at no cost. If the card is lost or damaged, a replacement card is available at a \$15 non-refundable fee payable by check or money order only (no cash). The request forms for new and/or replacement access card can be found at <http://www.firstnationalbankbuilding.info>. At the bottom of the home page, there is a Quick Links heading with a link called Forms. The form is called the Fitness Center Access Card Waiver Form. Simply print the form, complete the necessary information and drop off at the guard's desk on the skyway level. Building Management will notify you when your fitness center access card is available for pick up. The normal pick up time is between 10am-1pm on Thursdays however that is subject to change at management's discretion.

If your card is lost, immediately notify the Tenant Services Coordinator at info@fnbbuilding.com or 651-225-3666.

LOCKER ROOM

Men and women locker rooms are secured with card access. Daily lockers are available in the locker rooms, ***for use only while in the Fitness Center.*** Personal padlocks are suggested to secure possessions in the daily lockers. Locks are not to be left on the daily lockers. Any lock left on lockers will be cut off and all personal items removed. Building Management is not responsible for any lost items.

LONG TERM PERSONAL USE LOCKERS / BIKE LOCKERS

Personal use lockers and bike lockers are available for rental. Long-term locker rental is \$120 per year. Bike locker rental is \$84 per year payable by check or money order. Please download agreement, complete and bring to the Building Office with payment made out to First National Building Holdings, Inc.

Long Term Locker: Download a rental agreement from the Tenant Handbook (www.firstnationalbankbuilding.info) or see the Tenant Services Coordinator, at the Building Management office, Suite W120.

Bike Locker: Download a rental agreement from the Tenant Handbook (www.firstnationalbankbuilding.info) or see the Tenant Services Coordinator, at the Building Management office, Suite W120.

MEMBERS RESPONSIBILITIES

Include Locks, Towels, Ear buds, and other soft porous equipment such as yoga mats and resistance bands.

RIGHT TO REMOVE/TERMINATE MEMBERSHIP

Building Management and the Security personnel reserve the right to remove anyone from the Fitness Center or terminate membership at Building Management's full discretion. Building Management reserves the right to change these rules and facility operations at any time.