

## Personal Trainer Addendum

As a condition to, and in consideration of, my use of the Colonial Place Fitness Facility, the equipment contained therein, and the attached locker rooms, showers, changing areas and restroom facilities (jointly and severally, the "Facility") located at 2111 Wilson Boulevard, Arlington VA 22201, I hereby certify, covenant and agree as follows:

1. I am good physical condition and am able to use the Facility and to participate in exercise and fitness activities available therein and without any medical restrictions. I agree that my use of the Facility and my participation in activities at the Facility is at my own risk. I understand that the Facility is unmanned and unsupervised during its hours of operation.
2. I understand the employees, personnel or agents of LPC Commercial Services, Inc., 2111 Wilson Boulevard, Inc., and L&B Realty Advisors, LLP who may be present in the Facility do not have the expertise in diagnosing, examining or treating medical conditions of any kind or in determining the effect of any specific exercise on any medical condition(s).
3. I grant permission for first aid and/or C.P.R. to be given to me in an emergency. I agree that I will be solely responsible for any medical expense which may arise as a result thereof or as a result of my use of the Facility.
4. I acknowledge that a copy of the Rules and Regulations governing the use of the Facility has been provided to me and that I have read and understand all Rules and Regulations governing the use and hours of operation of the Facility. I agree to fully comply with the Rules and Regulations, a copy of which are attached hereto, as they may be amended from time to time.
5. I understand that by participating in one or more exercise or fitness activities or in providing personal training services or in using the services of a personal trainer, there is a possibility of accidental or other physical injury or death, as well as a risk of loss or damage to my personal property, and I further agree to indemnify and hold harmless LPC Commercial Services, Inc., 2111 Wilson Boulevard, Inc., and L&B Realty Advisors LLP and any officers, directors, shareholders, partners, employees, personnel, or agents thereof, from any liability, loss, cost, damage, expense, claim or suite whatsoever for any and all injury, loss, illness, harm, cost (including the cost of attorney's fees), expense, claim, suite or damage resulting from or related to my use of the Facility.
6. I understand that personal training services provided at the Facility are for tenants of Colonial Place only. At no time am I permitted to bring outside clients onsite to utilize the Facility. This includes outside clients who may be legitimate visitors of my tenant client. Failure to comply with this regulation will result in my being barred from the Facility indefinitely.
7. I further understand and acknowledge that the Facility is for use and enjoyment of the tenants of Colonial Place as a tenant amenity. **As such, I submit that I understand that training activities are not to tie up equipment unnecessarily, nor will I reserve equipment on my client's behalf.** I UNDERSTAND THAT LPC COMMERCIAL SERVICES, INC., 2111 WILSON BOULEVARD, INC., OR L&B REALTY ADVISORS, LLP SHALL HAVE THE RIGHT TO PREVENT THE PERSONAL TRAINER IDENTIFIED

BELOW FROM ACCESSING OR USING THE FACILITY AT ANY TIME AND FOR ANY REASON OR FOR NO REASON.

8. I understand that my access to the Facility can only be granted by my client. I agree to wait in the lobby of the building until my client is present to open the door to the Facility. Colonial Place staff members, including management, engineering, security, janitorial, and parking, are not permitted to provide access to trainers under any circumstances.

9. I understand that access cards to the facility are not provided to personal trainers who are not themselves tenant employees. For instance, female trainers working with male clients may from time to time need to access the women's locker room. Male client keys do not work on the women's locker room reader. During guard desk hours, currently Monday through Friday, 7:00 a.m. – 11:00 p.m., that trainer may go to the lobby desk and sign out a temporary locker room key. The key must be returned before leaving the Facility.

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PERSONAL TRAINER ADDENDUM SIGNATURE

**Personal Trainer Information**

Name: \_\_\_\_\_

Company: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

**Client Information**

Client Name: \_\_\_\_\_

Client's Company: \_\_\_\_\_

Building Address: 2111, 2101, 2107 (circle one)

Suite #: \_\_\_\_\_

Client's Office Phone #: \_\_\_\_\_

Client's Cell Phone #: \_\_\_\_\_

Client's Email: \_\_\_\_\_

Signature of Trainer: \_\_\_\_\_

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

Signature of Client: \_\_\_\_\_

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