

TNS Fitness Centre

Membership

- All Full-time employees of all tenants within True North Square are eligible for membership in Fitness Centre.
- A membership application is attached and can be dropped off at time of payment at the Property Management office: 400 – 242 Hargrave Street, Winnipeg, Manitoba
- All Forms of Payment are accepted expect American Express. If writing cheque, please make payable to **TN Square Limited Partnership**.
- Membership fees (Including tax) are **\$180.00** for one year or **\$120.00** for six (6) months. This fee excluded programmed classes.
- Programmed classes are available in the flex studio. All information on classes can be found on Fitness Centre door or within flex studio.

Fitness Centre Membership Application Form

Personal Information:

Last Name: _____ First Name: _____

Home Address: _____

City: _____ Postal Code: _____

Telephone: _____

Email: _____ Sex: M F

Company Name: _____

Emergency Contact: _____ Relationship: _____

Telephone: _____

I hereby agree to pay for the term of my membership ("Membership Fee"):

One-year: **\$180.00** Effective date: _____ Expiry date: _____

Six-months: **\$120.00** Effective date: _____ Expiry date: _____

Terms and Conditions:

1. I hereby apply for membership in the fitness centre at the True North Square, Winnipeg MB. (the "Fitness Centre") operated by BentallGreenOak (Canada) Limited Partnership (the "Operator"), as agent for the owner of the building, TN Square Inc. and its successors and assigned (the "Owner").
2. I agree to abide by the rules and regulations made by the operator relating to Fitness Center.
3. I acknowledge the Owner reserves the right to close the Fitness Centre, and terminate all memberships in connection therewith, at any time by posting notice of termination at the entrance to the Fitness Centre.
4. The Operator reserves the right to add/alter any of the above conditions from time to time as required.
5. I acknowledge that the use of the Fitness Centre and the engaging in of any physical activity and/or sports, all have certain inherent and associated risks and may result in personal injury or death. I agree that my use of the Fitness Centre, and my engaging in any activities therein, shall be at my own risk and I, for myself, my heirs, executors, administrators, successors and assigns, do hereby release and discharge and agree to indemnify and save harmless the Operator and the Owner and all their respective agents, employee's, representatives, and others for whom they are in law responsible, from any actions, causes of actions, claims, costs, expenses, liabilities and demands in respect of any damages, personal injury and death resulting from any use of fitness centre or engaging in any programs and/or activities therein, however caused, whether through negligence or otherwise.
6. I acknowledge that my membership fee is otherwise **non-refundable**, and I have no right to terminate this agreement. If termination within TNS occurs before membership has expired, I forfeit all remaining costs pertaining to Membership fees.
7. Sharing of this membership with others is strictly prohibited.
8. Lost, or stolen access cards/fobs must be reported to the Operator. There will be a \$25.00 replacement fee.
9. There are no warranties or guarantees given by the Operator and this agreement forms the entire agreement between the parties hereto.

Signature: _____ Date: _____

Building Access Card: _____

TRUE NORTH SQUARE FITNESS CENTRE POLICIES AND PROCEDURES



Membership Eligibility:

- All fulltime employees of all tenants within True North Square are eligible for membership into the Fitness Centre and the use of the facilities and equipment provided therein.

Membership Fees:

- The annual membership fee is **\$180.00 (tax included)**. A six (6) month membership fee is **\$120.00 (tax included)**.
- All Forms of Payment are accepted except American Express. If writing cheque, please make payable to **TN Square Limited Partnership**.

Duration:

- All memberships shall be for a minimum six (6) month period, unless otherwise specified to be an annual membership.

Membership Processing:

- All new members must complete and sign Fitness Centre application form/wavier prior to using the facility.

Hours of Use:

- TNS Fitness Centre is available for use 7 days a week, 24 hours a day.

Facility Access:

- A card access system is used to gain entry into facility. Once an individual has completed the requisite application form, their building access card will be programmed to allow access to Fitness Centre.

Guest Privileges:

- There are no guest privileges. The Fitness Centre is available for the exclusive use of True North Square Tenants & Residents.

Lockers:

- Lockers are provided for member's use only while using the Fitness Centre; lockers are not to be used for long-term storage. Members must at their own expense supply their own locks.
- Members are advised to keep valuables locked at all times while using Fitness Centre. None of BentallGreenOak (Canada) Limited Partnership, BentallGreenOak (Canada) G.P. Ltd., TN Square Inc. and or its assigns, shall be liable for member's personal belongings, or any theft, loss of damage thereto. Locks left on lockers overnight will be removed and locker contents will be placed in the lost and found located at BentallGreenOak Property Management office.
400 – 242 Hargrave Street, Winnipeg, Manitoba

Safety & Hygiene:

The following guidelines are in place to ensure a safe workout environment:

- (a) It is recommended that you work out with a partner.
- (b) Immediately report any facility-related accident or injury to BentallGreenOak (Canada) Limited Partnership.
- (c) Include a thorough warm-up and cool-down with each exercise session. Please see guidelines for warm-ups and cool-downs posted on the wall in Fitness Centre.
- (d) Work out at your own pace; trying to keep up with someone else could be dangerous.
- (e) Keep your medical professional informed of any changes in your health status (including pregnancy).
- (f) If you have been away from your exercise routine for a prolonged period of time due to illness, injury or any other reason, consult your medical professional before resuming your exercise routine.
- (g) Immediately stop exercising if you feel any unusual pain or discomfort.
- (h) For hygienic purposes, members are asked to wipe down equipment after use. Disinfection wipes are located throughout gym for easy access.
- (i) For the benefit of those around you, please launder work-out clothing regularly.

Dress Code:

- Proper attire must be worn while working out in the Fitness Centre. T-Shirts, shorts, sweatpants, exercise, yoga or aerobic outfits are recommended.
- Proper athletic footwear must be worn at all times.