

Exhibit "A"
Redwood Plaza FITNESS CENTER
Rules & Regulations

- A Fitness Center Release and Indemnity Agreement ("Agreement"), incorporating these rules and regulations by reference, must be signed by each user, authorized by the designated office manager, and returned to the Building management office prior to using the Fitness Center. Management reserves the right to update the language of the Agreement at any time and the most recent copy of the Agreement must be completed in order to gain access to the Fitness Center.
- The Fitness Center may be used anytime except during periods of repair, cleaning or emergency. Please note that HVAC is provided from 8:00 am to 5:00 pm, Monday through Friday with the exception of holidays and other instances when the building is closed.
- The Fitness Center may be used only by employees of tenants and subtenants of Redwood Plaza (the "Building"). Visitors may not use or enter the Fitness Center, and no persons under the age of 18 may use or enter the Fitness Center.
- Obtain approval from your physician prior to commencing or modifying an exercise program.
- No user may enter any portion for the Fitness Center designated for use by members of the opposite sex.
- Each user must keep noise levels to a minimum level acceptable for an office building environment. No audible radio or other electronic devices are permitted.
- Lockers are provided for the use of Fitness Center users while they are working out. Keys and keychains are provided. All belongings must be removed by each Fitness Center user upon completion of his or her use of the Fitness Center in order to make the locker available for the next user. Articles left in unattended lockers will be discarded. The lockers are not intended to protect your valuables. Do not bring valuables to the Fitness Center. Building management and owner cannot be responsible for any lost or stolen articles.
- If a locker is unable to be opened either due to user error or mechanical failure with a user's items inside, the user must ask management office for assistance if during building hours or if after hours, a user must call the emergency after-hours number at 301.236.6519. A user may make no attempt to obtain their items from within the locker by forcing the lock, door, or any other part of the locker. The user will be responsible for the replacement cost of the locker if the user damages the locker in any way.
- During peak hours, or while others are waiting, each user's time on the Fitness Center equipment is to be limited to a total of no more than 30 minutes in the aggregate.

- The equipment and facilities are to be used only for their intended purposes.

- Equipment or facility should not be used unless the user is already familiar with its proper use.
- Equipment should be wiped down after use. Antibacterial wipes are provided for use within the Fitness Center.
- Electronic equipment should be turned off when finished.
- Each user should promptly report each observed malfunction and need for repairs to the equipment and facilities to the building manager.
- Personal user hygiene must be practiced. Only clean, proper attire, including shirts, shorts and athletic shoes are to be worn in the Fitness Center at all times. It is up to the discretion of the fitness center/management company staff to decide if any clothing is inappropriate or disruptive to other users of the fitness center and the fitness center staff has the right to reasonably request the user correct the inappropriate attire.
- No food or beverages (except water) are allowed in the Fitness Center. No glass containers may be brought into the Fitness Center. **ALCOHOLIC BEVERAGES ARE STRICTLY PROHIBITED.**
- No smoking or tobacco use is allowed in the Fitness Center.
- Each user is to observe all requirements and warnings of posted signs.
- Each user is responsible for any damage to the Fitness Center caused by such user.
- Building manager or owner reserves the right to deny or terminate access to the Fitness Center on the part of any individual at any time, whether with or without cause.
- Building or owner expressly reserves the right from time to time and in its sole discretion to initiate, permit, change, cancel or discontinue classes or group activities manager
- Each user agrees to comply with all general Building rules and regulations.
- No outside fitness equipment of any kind is allowed in the Fitness Center.
- No cameras of any kind are allowed in any locker room at the Fitness Center.
- To the extent of any conflict between the provisions or these Rules and Regulations, the provisions of the general Building Rules and Regulations, and the provisions or any posted signs, the provision which is the most restrictive against the user will prevail.