

Fitness Center | 45 Blue Sky Drive

***PLEASE BE AWARE –
ANYONE USING THIS FITNESS CENTER IS DOING SO AT THEIR OWN RISK.***

HOURS OF OPERATION

The Fitness Center can be accessed Monday through Friday from 6AM-8PM. Once you have completed the Fitness Exercise Waiver, you will receive an access key to the gym.

RULES & REGULATIONS

- Building Management cannot be responsible for personal belongings. Locker rooms are available for your use. Please use a lock to secure all of your personal belongings in a locker while using the Fitness Center.
- Please remove the lock and all of your personal belongings when you are finished using the facility.*
- For safety reasons, coats, gym bags and other personal belongings are not permitted in the exercise area.
- Appropriate work-out attire and sneakers must be worn at all times. Street attire (jeans, sandals, etc.) is not permitted while using the exercise equipment.
- Water bottles or sports drinks can be brought into the Fitness Center; food or other beverages are not permitted. Please dispose of all empty containers in the appropriate receptacles.
- Please bring a towel and wipe down equipment after use so it is ready for the next person.
- Please limit your usage of cardio equipment to 30 minutes when others are waiting and allow others to rotate in with you during sets on the fitness equipment.
- Be courteous of fellow employees. Help keep the Fitness Center clean.
- Please contact building management at 781-272-4000 if any equipment is working improperly.

****As part of our commitment to maintaining the cleanliness of the fitness facility, any locks or other personal items left in the fitness center will be discarded by staff on a nightly basis.***

"TAKE CARE OF YOUR BODY; IT'S THE ONLY PLACE YOU HAVE TO LIVE."
- JIM ROHN