EXHIBIT A

7550 Wisconsin Avenue
Athletic Facility Rules and Regulations

The following rules and regulations are intended to make the Athletic Facility as safe, enjoyable, and pleasant as possible for all users. These rules are applicable to all users and may be changed from time to time by the John Akridge Management Company ("JAMCO") in order to provide for the safe, orderly, and enjoyable use of the facility and equipment.

1. **Use.** Only those individuals who are employed by a company who has executed an Indemnity and Release Agreement and have themselves executed a Waiver of Liability may use the facility; no guests are permitted. Users shall use the facilities and related equipment solely aerobics, fitness, gymnastic, weight training, or other athletic use. For the safety of users, no person may use the facilities or equipment unless at least one other person is present.
2. **Hours of Operation.** The facilities may be used anytime except during periods of repair, cleaning or emergency.
3. **Clothing.** The minimum attire at the facility shall be gym shorts, tee shirts, and tennis shoes. Any conventional exercise attire is permissible including leotards and tights, warm-up suits, etc. Sneakers, tennis shoes, dance slippers, or similar footwear must be worn at all times. Users of the facility must wear clean and appropriate attire when in transit to and from the facility, which may included, but is not limited to, warm-up suits and sweat suits.
4. **Conduct.** Any conduct which unreasonably interferes with the use or enjoyment of the facility or the equipment by other persons, or disrupts or interferes with the normal, safe, orderly, and efficient operation of the facility or the equipment, is strictly prohibited. Personal radios, tape recorders, or other similar equipment may not be used without headphones.* Any persons in violation of this rule will be subject to immediate expulsion.
5. **Use of Tobacco Products.** Smoking of any kind or any other consumption of tobacco products is strictly prohibited.
6. **Solicitations and Petitions.** Solicitations for the sale of any product, service or charitable contributions, and petitions of any kind are strictly prohibited.
7. **Identification.** Users must present their magnetic access Datawatch cardkeys upon request by JAMCO employees for identification purposes. Akridge assumes no responsibility for lost or stolen access keys.
8. **Food and Beverages.** Food and beverages are prohibited and shall not be brought into the facility for consumption within the facility.
9. **Notices, Complaints, or Suggestions.** Users must immediately notify JAMCO in the event they discover any unsafe or hazardous defect or condition relating to the facility or the equipment, or any serious breakage, sickness, fire, or disorder at the facility. Complaints or suggestions as to the operation, maintenance, services, or equipment at the facility are welcome. Such notices, complaints, or suggestions should be brought to the attention of the Property Manager by email or submitting an AWARE work order ticket.
10. **Other Facilities.** All rules and regulations also apply to the shower facilities. Lockers are provided for your use while using the facility. Locks may be used on the lockers; however, do not leave locks on the lockers while not using the facility. Any locks left on lockers will be removed.
11. **Violation of Rules.** Failure or refusal to comply with these rules and regulations may result in the loss of individual privileges upon notice from JAMCO.
12. **Classes and Group Activities.** JAMCO expressly reserves the right from time to time, and in its sole discretion, to initiate, permit, change, cancel, or discontinue classes or group activities. Whenever possible, Akridge will attempt to give adequate notice to users if classes or group activities are scheduled, changed, canceled, or discontinued.
13. **Maintenance.** No user shall leave any litter, trash, debris, or articles of clothing at the facility.

**** EXCEPTION:*** *In the spirit of cooperation, others may have to listen to music if there is an organized group working out, (i.e. aerobic workouts, etc.*

EXHIBIT B

7550 Wisconsin Avenue

Athletic Facility Waiver

In order to use the exercise (and weight training) facilities and equipment located at 7550 Wisconsin Avenue, Bethesda, Maryland (hereinafter referred to as "Athletic Facility"), I hereby certify as follows:

1. I am in good physical condition and able to use the facilities and equipment and to participate in exercise and fitness activities available there. I will do all exercises and participate in all activities at my own risk.

2. I understand that in participating in one or more exercises or fitness activities at the facility or in use of the equipment, there is a possibility of accidental or other physical injury. **I AGREE TO ASSUME THE RISK OF SUCH INJURY AND INDEMNIFY AND HOLD HARMLESS 7550 IAD, LLC THE JOHN AKRIDGE COMPANY, AND ANY OFFICERS, DIRECTORS, SHAREHOLDERS, PARTNERS, EMPLOYEES, PERSONNEL, OR AGENTS THEREOF, FROM LIABILITY FOR ANY AND ALL INJURY, ILLNESS, HARM, OR DAMAGE RESULTING FROM MY USE OF THE FACILITY OR THE EQUIPMENT, EXCEPT TO THE EXTENT SUCH AN INJURY, ILLNESS, HARM, OR DAMAGE IS CAUSED BY THE TORTIOUS ACT OR GROSS NEGLIGENCE OF SUCH PARTIES.**

3. I understand that there is no personnel, surveillance, or security provided in the Athletic Facility to protect me from third parties or other harm, and I enter and use the Athletic Facility at my own risk.

4. I acknowledge that I have received and read a copy of the Rules and Regulations attached hereto governing the use of the Athletic Facility, equipment and courts, and I agree that I will fully comply with these Rules and Regulations as they are amended from time to time.

Witness/Attest :

By: _____ **Participant:** _____

Signature

Print or Type Name: _____

Kastle Card Number: _____

Company Name: _____

Locker Room Access: Male ☐ Female ☐

Date: _____