

Jackson's Gym

Offerings & Conditions



Welcome to the Jackson's Gym Fitness Facility! This wonderful amenity is for the exclusive use of Aspen Properties tenants. We are thrilled to support the health and well-being of our tenants.

Aspen Properties would like to provide you with information that will address many of the common questions about Jackson's Gym.

Membership

A membership package including Membership Registration, Etiquette Terms & Conditions and a Waiver is required to be completed prior to gaining access to the gym located on the 3rd floor of Bell Tower. The membership package can be found on our website at www.aspenproperties.ca and can be submitted to edmonton_reception@aspenproperties.ca.

Membership provides access to Jackson's Gym and use of the locker rooms which include showers, lockers, towel service and the use of the weight training, cardio equipment and studio.

Any change in personal information (name, address, health status) must be reported to Aspen Properties when the change occurs.

Hours of Operation

Monday – Friday:	6:00 a.m. - 7:00 p.m.
Saturdays:	9:00 a.m. - 4:00 p.m.
Sundays & Statutory Holidays:	Closed

Card access into Jackson's Gym will cease at 7:00 p.m. Monday to Friday. Users must vacate by 8:00 pm to allow for afterhours maintenance and cleaning to be completed.

Access

Your building access card will be programmed to give you access to Jackson's Gym once you have completed the membership package. Please swipe-in each time you visit the facility, even if you are coming through the open door behind another person.

Jackson's Gym is a private facility for the exclusive use of Aspen Properties Tenants. For liability & safety reasons, no spouses, children, friends or outside personal trainers are permitted to use the facility at any time.

Amenities

Jackson's Gym locker rooms are equipped with a garment steamer and hair dryers. The women's locker room will also include a curling iron and hair straightener. The shower facility has body wash, shampoo and conditioner for your use. Free towel service will be provided to all Jackson's Gym users.



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Lockers

Lockers are for day use while using the gym. Those who occupy a locker afterhours may have their lock removed and items placed in the Lost & Found located near the entrance of Jackson's Gym. Lost & Found items not claimed will be discarded on the last day of every month. Members who wish to secure their belongings in a locker must provide their own lock.

Equipment

Cardio Equipment: Includes Treadmills, Elliptical Trainers, Upright Bikes, Recumbent Bikes, Step Machine and Rowing Machine. Most of the cardio equipment is supplemented with individual television monitors.

Weight Training Equipment: Includes a variety of selectorized (pin adjustable) weight equipment, dumbbells ranging in weight from 5lb. – 100lb., squat rack, Olympic bars, kettle bells, adjustable benches, free weights and supplemental training equipment.

Please do not drop weights.

Fitness Classes

Kneifel Robinson (KR) Personal Training is the exclusive personal training service for Jackson's Gym. KR Personal Training provides a variety of fitness classes as well as personal instruction. You can review schedules, register for classes, and pay on-line at www.krpersonaltraining.com. Should you have any questions regarding the fitness classes you can e-mail info@krpersonaltraining.com or phone 780.243.0885.

Safety & Emergency Procedures

- In the case of severe injury or medical emergency, phone 911 immediately and notify the Bell Tower Security Desk at 780.493.7512 or by pushing one of the Emergency Call Buttons. These can be found throughout Jackson's Gym.
- Please wear clean exercise attire free of holes or tears.
- Closed toe and indoor shoes must be worn when using exercise equipment – **no exceptions.**
- Cameras are located in the gym, with exception of the locker rooms, for the safety and security of all participants.
- Do not bring large amounts of money or valuables to the gym. Aspen Properties is not responsible for lost or stolen items.

We look forward to assisting you with your health and wellness!



Jackson's Gym Facility Etiquette Terms & Conditions



- **Scents** - In consideration of others with allergies or sensitivities to scents, please refrain from using scented products in the locker rooms including: lotions, powders, sprays, and perfumes.
- **Disinfectant Wipes** – Please use the disinfectant wipes provided to clean equipment seats, railings, machines, benches, and stretching mats after usage.
Note: Disinfectant wipes are not to be flushed down the toilet.
- **Respect for Members** - Show respect for others by refraining from using foul language, and shouting.
- **Food and Drink** - Food and beverages are not permitted in the gym, with the exception of plastic or metal water bottles.
- **Equipment Etiquette** - If completing multiple sets on a machine, please be courteous and let others work in sets during your rest period. Return all equipment to the appropriate location, place all dumbbells on the appropriate racks and plates to the pegs when you are finished.
- **Emergency Procedures** - In case of an emergency and alarm bells sound follow normal building evacuations procedures. Please note Emergency Call Buttons are located in mens and ladies locker rooms and beside the main entrance door in Jackson's Gym. When pressed notification will be sent to building security. In the event of a life safety emergency, please call 911.
- **Dress Code** – Indoor appropriate running/gym shoes are required at all times; no sandals or open toed shoes are permitted. Active wear must be clean and odour-free. No jeans or business wear to be worn while working out.
- **Mobile Phone Cameras** – Please refrain from taking photos while in Jackson's Gym and/or locker rooms.

Failure to comply with the above may result in a termination of my membership.

I acknowledge and accept all of the Jackson's Gym Etiquette Terms & Conditions.

Signature

Date: MM/DD/YY

Print Name



Jackson's Gym Registration Form



Membership Information

First Name:				Last Name:		
Gender:	<input type="checkbox"/> Male	<input type="checkbox"/> Female	Age:		Phone #:	
Email Address:						
Company Name:				Access Card #:		
Building Name:				Suite Number:		
Home Address:						
City:		Province:		Postal Code:		
Emergency Contact:						
Relationship:		Phone #:				

TERMS OF AGREEMENT

Only employees of Aspen Properties Tenants, who work within the Bell Tower, MNP Tower & Stantec, are eligible to use the Jackson's Gym Fitness Facility. For liability and safety reasons, non-members including spouses, children or friends, are strictly prohibited from using the facility at any time. The Fitness Program Manager or Aspen Properties has the authority to terminate a membership for violation of this "Tenant Members Only" policy. Aspen Properties will not be held liable for any persons that have accessed the fitness centre without proper authorization and/or through a third party.

PRIVACY

The Jackson's Gym Fitness Facility is committed to protecting personal information by following responsible information handling practices in accordance with the provisions of the Personal Information Protection Act (PIPA) of Alberta. The member hereby gives permission for the Jackson's Gym or its nominees, associates and affiliates or their employees, to collect any personal information contained in this document, maintain personal information already on file and to collect further information for the purpose of contacting the member by mail, fax, telephone and/or email.

_____ Date

_____ Member Signature

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Release & Waiver of Legal Liability



I, _____, hereby provide this release (the "**Release**") in favour of Aspen Properties (EDM) GP Inc, o/a 103 Ave. for the Bell Tower fitness facility, 'Jackson's Gym' (the "**Fitness Centre**") situated at 10104 103 Ave, Edmonton, Alberta or on such other lands from time to time (the "**Fitness Centre Lands**") on which the Fitness Centre is located, and in favour of PSPIB-RE Partners Inc., Aspen Properties Partnership and its partners, Aspen Property Management Ltd. and any other beneficial owner thereof and the respective partners, affiliates and subsidiary corporations of the foregoing entities and their respective officers and subsidiary corporations and their respective officers, directors, board members, employees, volunteers, agents, independent contractors, assigns, successors, other participants and/or others acting on their behalf (collectively, the "**Released Parties**").

I acknowledge that I am providing this Release on behalf of myself and my heirs, administrators, executors, successors and legal representatives. I represent that I am of lawful age and legally competent to sign this Release. I understand the terms herein are contractual and are not a mere recital and that I have signed this document of my own free act and with the knowledge that I hereby agree to waive my legal rights. I further agree if any provision of this Release is found to be unenforceable or invalid, that provision shall be severed from this Release and the remainder of this Release will then be construed as though the unenforceable provision had never been contained herein.

In consideration of gaining membership or being allowed to participate in the activities and programs of the Fitness Centre and to use the facilities, equipment, and machinery in the Fitness Centre, I do hereby waive, release and forever discharge the Released Parties from any and all responsibilities, liability or claims for injury, illness, death, loss or damage resulting from my use of the Fitness Centre including, without limitation, the use of equipment or machinery in the Fitness Centre, my participation in any activities at the Fitness Centre or as a result of the negligence of any party, including the Released Parties.

I am aware that strength, flexibility, and aerobic exercise, including the use of equipment and machinery, are potentially hazardous activities. I also understand that fitness activities involve a risk of serious personal injury, death, loss and damage and that I am voluntarily participating in these activities and using equipment and machinery with knowledge of the dangers involved. I hereby agree to expressly assume and accept any and all risks of injury, death, loss or damage. The risks may include, but are not limited to: (1) injuries arising from my use of any exercise equipment, machines and facilities; (2) injuries arising from my participation in supervised or unsupervised activities and programs in any areas within the Fitness Centre; (3) injuries or medical disorders resulting from exercising at the Fitness Centre, including but not limited to, heart attack, stroke, heat stress, sprains, broken bones and torn muscles or ligaments; and (4) accidental injuries within the Fitness Centre, including but not limited to, the locker rooms, showers and dressing rooms.

I do hereby further declare myself to be physically sound and suffering from no condition, impairment, disease, infirmity, or other illness that would prevent my participation in any of the activities and programs of the Fitness Centre or use of equipment or machinery. I also acknowledge that it has been recommended that I have a yearly or more frequent physical examination and consultation with my physician as to physical activity, exercise, and use of exercise and training equipment so that I might have recommendations concerning these fitness activities and equipment use. I acknowledge that I have either had a physical examination and have been given permission by my physician to participate or that I have decided to participate in activity and/or use of equipment and machinery without the approval of my physician and do hereby assume all responsibility for my participation and activities, and utilization of equipment and machinery in my activities.

I understand that the Released Parties are not responsible for personal property lost or stolen while members and/or participants are using the Fitness Centre or are on the Fitness Centre lands.

This document is deemed to be executed under seal. This document may be executed and delivered electronically by fax or email in PDF format and if so delivered shall be deemed to be an original document.

HAVING READ, UNDERSTOOD, AGREED WITH, AND ACCEPTED THESE TERMS, I HAVE EXECUTED THIS RELEASE, TO BE EFFECTIVE IMMEDIATELY.

Date

Member's Signature

