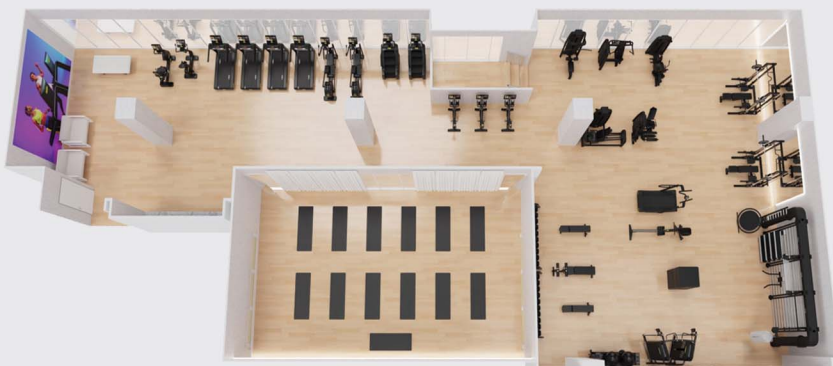




## PREMIUM, PRIVATE FITNESS & WELLNESS



### FITNESS CENTER MEMBERSHIP

- **Introductory Fee** Of \$30/Month - No Contract
- Private Facility for 400 Atlantic



### COMPLIMENTARY SELECT AMENITIES

- Shampoo, Conditioner & Body Wash
- Personal Hygiene Toiletries
- Hair Dryers



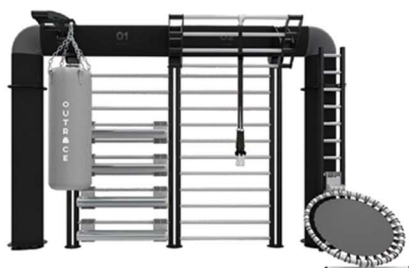
### FACILITY FEATURES

- Premium Yoga Studio
- Technogym Equipment
- Functional Training Zone



### LOCKER ROOMS

- Bath & Gym Towel Service
- Day Lockers



## FACILITY OPERATIONS

- OPERATING HOURS: 5AM - 10PM, MONDAY - FRIDAY  
6AM - 9PM, SATURDAY - SUNDAY
- NO GUESTS: TENANTS ONLY
- ALL TENANTS ARE ASKED TO WIPE EQUIPMENT BEFORE AND AFTER USE TO ENSURE A SAFE ENVIRONMENT

## SERVICES & OPTIONS

Complimentary classes are available for registration at <https://400atlanticfitness.com>.

Private Personal Training is available for \$150/session

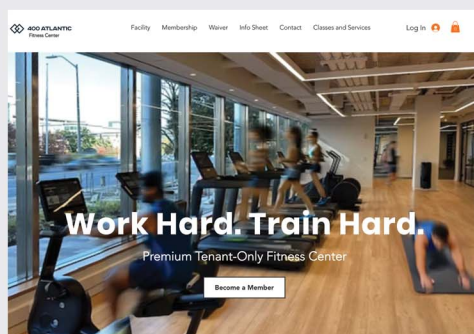
### Corporate Wellness

Contact [fitness@400atlanticfitenss.com](mailto:fitness@400atlanticfitenss.com) for programs and services

## GETTING STARTED NEW MEMBERSHIPS

All active tenants of 400 Atlantic are eligible to join the Fitness Center by following these steps.

- 1. Register** Go to <https://400atlanticfitness.com> and **Sign Up** (under Login, top right).
- 2. Purchase Membership** Purchase a \$30 monthly membership under **Membership** in the menu.
- 3. Sign Waiver** Following the purchase of your membership, sign the waiver under **Waiver** in the menu. Note that your access to the fitness center will not be processed until a signed waiver has been received.



*<http://400atlanticfitness.com> is where tenants register for the Membership, book Classes, as well as maintain their monthly membership--which may be canceled at any time prior to the next month's renewal date. To cancel your membership login and go to My Subscriptions under your user account (top right).*

- 5. Stop By** Following the purchase of your membership and the signing of the waiver, your building access card will be activated for access to the fitness center. Please allow 1-2 business days for activation to be complete. Stop by the fitness center to check your access card at the door and tour the facility. If you require assistance, email [fitness@400atlanticfitness.com](mailto:fitness@400atlanticfitness.com).
- 6. Work Out!** Check the App for our Class schedule. The fitness center offers a wide variety of cardio, strength and functional equipment, including Peloton Bikes. If you are a home user of Peloton, you're able to login using your personal account. If you do not have a Peloton home account, you'll be able to sign up cost-free (directly on the bike).

## HELPFUL TIPS NEW TO THE GYM?

- ✓ **CLOTHING.** Be prepared with the right clothing and shoes. Note that overnight storage is not available so bring an appropriate gym or duffle bag; all lockers will be emptied nightly.
- ✓ **HEADPHONES.** Bring your own headphones. To ensure a pleasant experience for all gym users, *headphones are required while using the Peloton Bikes.* Bluetooth headphones are recommended.
- ✓ **HEART RATE MONITORS.** Get more from your workout by wearing a bluetooth heart-rate monitor strap. All of the Technogym cardio equipment as well as the Peloton Bikes support them.
- ✓ **MYWELLNESS APP.** Download and register for the Technogym Mywellness App. This app will allow you to track and interface with the Technogym cardio equipment, as well as providing fitness support.