

FAIRVIEW PLAZA FITNESS

5970 FAIRVIEW ROAD., CHARLOTTE, NC 28101 | 704.295.9106

WELCOME TO FAIRVIEW PLAZA FITNESS CENTER!

We appreciate your interest. Please let us help you in achieving your goals. We understand there are obstacles to face when starting a work out regiment. For some the question of how to work out is often common, for others it's finding the time that presents' the greatest challenge. We would like to offer a complimentary 45 minute initial consult with one of our personal trainers which may be used for personal training or familiarizing yourself with our equipment.

HOURS: 6:00 AM - 7:00 PM MONDAY-FRIDAY

Holiday and weather related closures are announced on our social media.



www.facebook.com/Fairview-Plaza-Fitness-Center/



twitter.com/FVPFit



JOINING FAIRVIEW PLAZA FITNESS CENTER

The FVP Fitness is free to tenants and their employees with registered fobs. The same fobs used to enter Fairview Plaza office buildings may be used to access the fitness facilities. Prior to your first use of the facilities, you will need to register with FVP property management by completing the form included in this packet and returning it to FVP Fitness Center. Once registration is completed, members are offered a complimentary personal training session with BoltzFitness, our in-house training group.

MEET OUR TRAINERS

Titus Godbolt- Certified Personal Trainer, AAI, German National Wrestling Team Member, Conditioning Coach (German National Wrestling Team), German Wrestling National Qualifier, D2 Collegiate Wrestler, NJ State Qualifier.

Antoine Ford- Certified Personal Trainer, Former Division I Football Player, Bachelors Degree from Western Illinois University in Sociology.

Richard Bohan- Certified Personal Trainer, National Strength and Conditioning Association Amateur Olympic Weightlifter Professional Member, NSCA

Jennifer Faustine

Carla Carter



ABOUT BOLTZFITNESS

Boltz Fitness takes a customized approach to meeting your needs as an individual. We will develop a systematic and carefully planned program designed to help you safely reach your goals – whatever they are. Individual Personal Training is priced at \$20.00 per hour session. Package deals are available upon request.

MEMBER DRIVEN EVENTS

FVP Fitness Center is working on expanding our programming. This includes tenant and member driven events. If you would like to host a wellness event or fitness challenge within your company, please reach out to Genise Kelley. She will assist you with developing your competitions, educational events, and health challenges. Genise may be reached at genisekelley@gmail.com.

SPECIAL EVENTS

FVP Fitness Center has a strong commitment to offering wellness events and giving back to the community. Some of the events and programming we do include:

- **Mammogram Screenings-**
Dates announced on Social Media
- **Annual Flu Shots-**
Done in partnership with Walgreens
- **Quarterly Blood Drive-**
Hosted in conjunction with Community Blood Bank



BMI MACHINE

FVP Fitness Center has a Body Mass Index Machine on site for member use. The BMI Machine may be used by appointment only. If you would like to schedule an appointment to use the BMI Machine, please reach out to our office staff to set a time for an FVP Fitness Center employee to walk with you through the process.

POINTS OF CONTACT

We look forward to being a part of your Wellness Family! If you have questions about our programming or registration, please reach out to Genise Kelley she can assist you with any FVP Fitness Center related topic. FVP Fitness Center may also be reached at 704-295-9106 or via Facebook.

SEE YOU SOON!

-The Fairview Plaza
Fitness Team

Fairview Plaza Buildings LLC
5950 Fairview Road, Suite 18
Charlotte, NC 28210
(704) 295-4080

RELEASE OF LIABILITY

FAIRVIEW PLAZA BUILDINGS, LLC has established the Fairview Plaza Fitness Center (the 'Center') for the use and enjoyment of its tenants. In consideration of my permission to use the 'Center' I hereby freely agree to and make the following contractual representations and agreements:

I am fully aware of the risks that are associated with physical fitness activity, and having read and understood the contents of this document, I agree and consent to the provisions contained herein.

In consideration of my being permitted to utilize the facility known as the 'Center', I agree to release, save harmless and keep indemnified the owners of Fairview Plaza JLC, LLC and the 'Center' and its managers, and their respective officers, directors, shareholders, any and all claims which I, my heirs, executors, administrators any way related to from and against all claims, actions, costs, expenses and demands with respect to death, injury, loss or damage. It is understood and agreed that this statement is to be binding by my persons or property in connection with my use of the 'Center' and including any claims resulting from the alleged negligence (including gross negligence) of any person or entity released hereby.

I understand that the management of Fairview Plaza and the 'Center' claims no special expertise in equipping and managing fitness centers, but has undertaken to provide this facility and equipment at the request of and for the use and enjoyment of its tenants and their employees. I further understand that AAC Management does not routinely inspect the equipment and provides no professional staff to supervise the facility. ***I understand that all physical fitness activities involve risks and personal injury. I agree that my use of the 'Center' and its equipment is solely at my own risk, and I hereby voluntarily assume all risk of loss, damage, injury and theft.***

I agree to abide by all rules adopted for use of the 'Center', and I understand that use by anyone who is not an employee of a tenant is strictly prohibited.

I understand and agree that Fairview Plaza JLC, LLC and American Asset Corporation shall not be responsible for the loss or theft of any personal property left in the Fitness Center or its locker rooms.

Signed and sealed, this _____ day of _____, 20_____.

Signature _____ SEAL

Access FOB # _____

Print Name _____

Employer _____

Address & Suite Number _____