



THE SWIG COMPANY, LLC  
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## FITNESS CENTER MEMBERSHIP

MOUNTAIN BAY PLAZA - 444 Castro Street

### MEMBERSHIP ENROLLMENT FOR FITNESS CENTER

1. Visit our website at [444 Castro - LifeStart](#)
2. Click the **JOIN 444 CASTRO TODAY!**
3. Select the Free Tenant Membership option from the drop down menu and fill out the required information to create your Mindbody profile.
4. Read through the contract agreement and click "Make Purchase".
5. Please do not add family members. The fitness center is for tenants of 444 Castro only.
6. Check out and then the online enrollment is complete!
7. Following this online registration, your fob/access badge will be activated within 24-hours.

### Fitness Center Guidelines

- The fitness center is for the sole use of tenants.
- This facility is to be used at your own risk.
- Beverages are only permitted in spill-proof containers.
- Food is not permitted in the fitness center
- Equipment is to be wiped down after each use.
- Report any broken or damaged equipment to Management immediately.
- Limit usage time to 30-minutes when others are waiting.
- Personal belongings and on-training items are to be stored in the lockers located in restrooms across from the fitness center. Items are not to be left overnight in the lockers.
- To keep the fitness center safe, please store equipment properly after each use.
- Violation of the above guidelines may lead to termination of fitness center privileges.