

## Rules and Regulations

**General Policies:** To keep our facilities in the best possible condition, we need the help and cooperation of the people who use them. By adhering to these guidelines, you will contribute greatly to creating a well-run and well-used center.

- **Only** individuals with current McWilliams Fitness Center membership cards are permitted.
- Membership cards must be shown with a valid WU picture ID or Athletic Complex Membership card each time you check in at the McWilliams Fitness Center.
- There is a \$10 charge for replacing a lost card. Refer to the back of the membership card for policy details.
- Membership cards are not transferable.
- Daily guest passes are NOT available for the McWilliams Fitness Center.
- **NO CHILDREN** (with exception of dependents over 17 and under 24 years of age).
- **Please wipe off all controls, seats and railings when you are finished with your work-out.** Supplies are available in the Fitness Center.
- All cardiovascular equipment is limited to **30 minutes** use when others are waiting.
- All equipment is on a first come-first serve basis.
- **Headphones** are required when using audio devices.
- Cable TV stations are pre-set; they do not change. Walkman-type FM receivers and headphones are needed to tune in broadcast.
- Proper workout attire (shirt, shorts, sweats, tennis shoes) must be worn at all times. Shirts **must** be left on.
- No food or beverage is to be brought into the Fitness Center (only exception is non-breakable water bottles).
- Clear pathways are to be maintained at all times. No personal belongings (including water bottles) are to be left on the workout floor. Please make use of the temporary lockers inside the Fitness Center.
- The Department of Athletics is **not** responsible for lost or stolen items. Staff members will **not** hold membership cards, wallets, keys, etc.
- **NO unauthorized personal training or rehabilitation services are permitted.**
- Violation of any policy set forth by the Department of Athletics or any actions deemed inappropriate may result in the acting participant's membership being suspended or revoked. Any member(s) displaying inappropriate actions (abusing equipment, verbal abuse of personnel, falsifying membership cards and/or signatures, etc.) will have violated established policies and procedures.

# The McWilliams Fitness Center 2011-2012

Located in the  
Athletic Complex



Washington University  
in St. Louis

## McWilliams Fitness Center

The McWilliams Fitness Center was made possible through the vision and generosity of Art and Marge McWilliams. Completed in the fall of 1995, the Center serves as home for the Washington University community to pursue their interests in cardiovascular exercise and conditioning. The McWilliams Fitness Center features ellipticals, treadmills, bikes, step climbers, cross conditioning systems, and cable TV.

## Exercise Programs & Equipment

As with any exercise program, if you have any medical concerns, history of medical problems, or if you are a first-time user of such equipment or facilities, you should consult a physician to obtain approval for use. **Users assume all risk of personal injury which may result from participation in exercise programs and/or the use of equipment and facilities.**

## Who Can Join

- Enrolled Washington University students
- Faculty and staff
- Professors Emeriti and retired staff
- Spouses and Alumni with Athletic Complex membership
- Dependents over 17 and under 24 years of age with Athletic Complex membership.



## Membership Fees

Individuals must purchase a membership to gain access to the McWilliams Fitness Center. **Membership fees are in addition to other Athletic Complex fees**, and are payable at the Athletic Department's main office between the hours of 8:30 am and 4:30 pm, Monday through Friday. Fees, **non-refundable**, are outlined in the section *McWilliams Fitness Center Fees*.

## Application Procedure

- Complete application at the Department of Athletics main office.
- Provide proof of Washington University affiliation.
- Membership cards will be issued to all qualified applicants.

## Hours of Operation

	Aug. 29 – Oct. 16 & Mar. 19 – April 26	Oct. 17 – Mar. 18
Mon-Thurs	7:00 am – 8:45 pm	7:00 am – 10:45 pm
Fri	7:00 am – 8:45 pm	7:00 am – 8:45 pm
Sat & Sun	9:00 am – 7:45 pm	9:00 am – 7:45 pm

Hours during Fall Break, Spring Break, University holidays, semester breaks, final exams and the summer will be adjusted and posted at the entrance of the Athletic Complex and on the website at <http://bearsports.wustl.edu>.

NOTE: The Athletic Complex closes on or near the last two weeks of July for annual maintenance.

## Phone Numbers

Membership & General Information	935-5220
Assistant Facility Manager	935-4553
Facility Manager	935-4703

## McWilliams Fitness Center Fees 2011-2012

### STUDENTS

Category	Annual	Academic Year	Fall Semester	Spring Semester
Dates Valid	Sept. 1-Aug. 31	Sept. 1-May 31	Sept. 1-Dec. 31	Jan. 1-May 31
Full-Time Undergrad Day School Students	FREE	FREE	FREE	FREE
Full-Time Graduate & Evening Students	\$55	\$45	\$35	\$35
Spouse & Dependents*	\$65	\$55	\$45	\$45
Part-Time Students	\$130	\$115	\$75	\$75

### FACULTY AND STAFF

Category	Annual	Academic Year	Fall Semester	Spring Semester
Dates Valid	Sept. 1-Aug. 31	Sept. 1-May 31	Sept. 1-Dec. 31	Jan. 1-May 31
Faculty & Staff	\$140	\$120	\$80	\$80
Spouse & Dependents*	\$150	\$130	\$85	\$85
Emeritus/Retired	\$150	\$140	\$90	\$90
Emeritus/Retired Spouse	\$160	\$150	\$95	\$95

### ALUMNI

Category	Annual	Academic Year	Fall Semester	Spring Semester
Dates Valid	Sept. 1-Aug. 31	Sept. 1-May 31	Sept. 1-Dec. 31	Jan. 1-May 31
Alumni	\$140	\$120	\$80	\$80
Spouse	\$150	\$130	\$85	\$85

### SUMMER SESSION

Category	Summer
Dates Valid	June 1-Aug. 31
Full-Time Undergrad Day School Students	FREE
All Other Groups	\$40

\*Dependents: Over 17 & under 24 years of age.  
\*\*All categories of users must have a valid WU ID card or WU Athletic Complex Membership.