Kellogg Global Hub Fitness Center

Utilization
The Global Hub Fitness Center is available for use by currently enrolled Kellogg students and Econ PhD, as well as faculty, staff, and JVs who are currently registered members of the Northwestern Henry Crown Sports Pavilion. Kellogg JVs who are not currently registered members of Northwestern Henry Crown Sports Pavilion are permitted to participate in classes held in the Fitness Studio.

All patrons of the Fitness Center are subject to the Northwestern University policies for general The Global Hub fitness facility usage.

Hours of Operation
Kellogg Fitness Facility will be managed and staffed by FLIK.

Regular Hours
- Mon-Fri 7am to 6pm
- Closed Saturday and Sunday

Semester Break Hours
Per the academic schedule, Fitness Center hours may be adjusted for designated breaks in which courses are not in session or where the university is closed for business.

Before/After Hours Access
All access is prohibited before or after normal business hours. Please contact KGH Facilities for any questions/concerns.

List of Staff and Phone Numbers
The FLIK team reports to the Kellogg Associate Director of Facilities. If you cannot contact the Front Desk staff or FLIK Manager please call the Kellogg Facilities office.

<table>
<thead>
<tr>
<th></th>
<th>Phone Number</th>
<th>Email Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reception Desk:</td>
<td>847-491-8515</td>
<td><a href="mailto:fitnesscenter-kgh@kellogg.northwestern.edu">fitnesscenter-kgh@kellogg.northwestern.edu</a></td>
</tr>
<tr>
<td>Manager’s Desk:</td>
<td>847-491-8506</td>
<td><a href="mailto:michelle.markham@kellogg.northwestern.edu">michelle.markham@kellogg.northwestern.edu</a></td>
</tr>
<tr>
<td>Kellogg Facilities:</td>
<td>847-491-8300</td>
<td><a href="mailto:facilities-kgh@kellogg.northwestern.edu">facilities-kgh@kellogg.northwestern.edu</a></td>
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Safety/Emergency Procedures

Sickness
If you have the flu, a cold, or any other contagious illness, please do not train in the centers. Using the Fitness Centers with a contagious illness puts you and all other members at risk. Illness causes an individual’s system to become weaker and the likelihood for injury increases significantly when training under these conditions. Furthermore, given the nature of physical training, the transmission of contagious diseases occurs quite readily. Stations with disinfectant wipes are available in the Fitness Center for cleaning perspiration from the pads and benches. Please be courteous of fellow Fitness Center members and use the supplies provided in the areas that you use.

Injuries
Any member who incurs an injury or becomes dizzy/ill while using the centers should immediately contact a Fitness Center staff person for assistance. A first aid kit is kept at the front desk for minor injuries. In cases requiring more extensive first aid, fitness center staff will contact the appropriate persons for assistance. It is important that fitness center staff be notified of any cases of injury or illness so that proper procedures can be initiated.

Equipment

Cardiovascular Equipment Usage Procedures
Cardio equipment is on a first come, first serve basis. We ask that you please limit use to 30 minutes, while people are waiting. Our facility attendants can assist you if you have any questions or concerns. Please wipe down cardio equipment after use.

Cardio Equipment
Both the Kellogg Global Hub Fitness and the Henry Crown Sports Complex contain a variety of state of the art cardio equipment, including treadmills, elliptical trainers, Arc trainer and stationary bikes.

Strength Equipment
The Kellogg Fitness Facility is limited to be used primarily for aerobic exercise and has a small set of hand weights and one resistance strength machine. If a user is looking to have a full workout with focus on strength and heavy weight lifting they should use the Henry Crown Sports Complex which is designed to meet the needs of all fitness levels.

Locker Room Facilities

Showers, Changing, Storage Area
Kellogg Global Hub Fitness Center has shower areas in both the men and women's restrooms. Towels will be supplied by the Fitness Center. Please make sure to return them to the used towel collection bin prior to leaving the locker room.
Kellogg faculty and staff are permitted to use the showers when commuting to work by bike.

Lockers
Available for daily use only. All belongings must be removed daily. Users should supply their own combination locks.

Commuters who ride their bicycles to work will be allowed to use the locker rooms to shower and change regardless if they are members or not.

Locker Room Policies

1. Patrons are limited to one bath towel
2. Patrons must supply their own lock for lockers.
   a. No locks may be left on a locker overnight.
   b. Locks may be kept on lockers only during the time patron is in the facility.
   c. Locks left on lockers at the close of the day will be cut off.
   d. Contents of day locker will be cleared and temporarily stored. On the first Tuesday of every month items are placed on the lost and found table. All unclaimed items will be donated.
3. The Kellogg Fitness Facility is not responsible for locks left on lockers and will not reimburse patrons for removed locks.
4. Return all used towels to the appropriate marked used towel collection bin. Do not leave used towels on locker room benches or in the shower areas.
5. The Kellogg Fitness facility is not responsible for lost or stolen items.
6. We discourage patrons from bringing valuables into the facility.
7. Oil-based products of any kind (e.g., baby oil, shaving/body/shower lotions) are prohibited in the shower area.
8. Please be considerate of others when applying hair sprays, body lotions, and powders.
9. Report any unruly or suspicious behavior to the building staff.
10. Glass containers are not allowed in the locker rooms.
11. Children five years and older may not use the locker room of the opposite sex.
12. Report all injuries to the Reception desk staff on duty.
13. NO photography or filming allowed in locker rooms.
14. The use of cell phones is strictly prohibited in the locker room areas.
15. Excessively long showers are prohibited.
16. All patrons must leave facility promptly at facility closing time. Please plan your locker room time accordingly.
17. Kellogg Fitness facility staff may prohibit activities deemed unsafe.
Requesting Personal Trainers

NU Fitness

Kellogg Fitness Facility has partnered with the Henry Crown Sports Complex to use their trainer program. All request for personal or group trainers can go through the NU Henry Crown Sports Complex web site as detailed below. Please ask the Manager or Fitness Reception Desk for further information.

Studio

The Fitness Studio will be able to be scheduled via Exchange Outlook 4 weeks ahead of time. Reservations will have time limitations for 1 hour blocks at a time. The Fitness Reception Desk will manage the scheduling of the space. The studio is approximately 800 sf. and can hold up to 25 people comfortably. It has the capability to connect to the speaker system and play music from a mobile device or similar. Please contact the Manager or Fitness Reception Desk with any questions.

Usage Policy

General

There are inherent risks associated with physical activity. Consult your health-care provider before engaging in any physical activity or exercise program.

- No Day Passes
- No person under 16 years of age is permitted.
- Personal items, including any type of bags, jackets, and purses are to be placed in assigned locker. Users will have to supply their own locks for lockers. Do not leave your belongings in the locker overnight. All lockers will be cleaned out daily at 8:30 pm.
- Clothing that fully covers the torso and mid-section (sports bras should be worn underneath shirts)
- Appropriate gym footwear must be worn at all times (no sandals, flip flops or bare feet).
- No jeans, cargo pants or cut-off shorts are allowed
- No open beverage containers, food, gum, or tobacco products allowed. Sealed top water bottles are allowed.
- During winter months and rainy days, please bring a dry pair of shoes. The facility attendant on duty may deny access to Fitness Center if you do not have a dry pair of shoes.
- Talking on a cell phone is strictly prohibited in the Fitness Center. Text messaging is prohibited while using cardiovascular machines.
- Profanity, excessive loud and suggestive language, and sexual harassment are prohibited. Kellogg is committed to providing a working and learning environment that is free from sexual harassment and it is the policy of this University that sexual harassment in any form will not be tolerated.
- Please be courteous to others at all times. Share equipment and allow others to join in.
- Report any injury immediately to the reception desk attendant.
- Report any equipment problem immediately to the reception desk attendant.
- No outside personal training is permitted in the facility. Personal training can be arranged through the NU Henry Crown Center.
- Kellogg is not responsible for any lost, stolen or damaged items
Safety clips are mandatory while on treadmills.

When facility is crowded, please limit your time on the cardiovascular machines to 30 minutes.

Please, do not monopolize more than one piece of equipment/barbell/set of dumbbell.

Slamming, dropping or bouncing weights (machines or free weights) is prohibited.

Return all equipment, plates, bars, dumbbells, and accessories after use.

Do not remove any equipment from facility including free weights, plates, stability/medicine balls or cable accessories. Dumbbells should not be removed from free weight area.

Be considerate to others – do not sit and socialize on equipment.

Policy violations will be reviewed by facility staff. Appropriate disciplinary actions, including verbal warning, removal from facility, restricted use of facilities, and loss of membership privileges, will be administered accordingly.

No marking or hard shoes may be worn in the Fitness Studio

Only soft items ie yoga mats, or meditation cushions may be used in the Fitness Studio

For NU policies related to all fitness centers on campus, please follow the link below: