



FITNESS CENTER

The Global Hub Fitness Center is available for use by currently enrolled Kellogg students and Econ PhD, as well as faculty, staff, and Kellogg JVs who are currently registered members of the Northwestern Henry Crown Sports Pavilion.

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

HOURS OF OPERATION

Regular Hours During Fall, Winter and Spring terms, the Global Hub Fitness Center is open Monday through Friday, 6am to 8pm and **closed on Saturday and Sunday.**

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.

No access is granted to faculty, staff or students before or after the regular open hours.



FITNESS CENTER CONTACTS & SAFETY PROTOCOL

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.

Fitness Reception

847.491.8515

fitnesscenter-kgh@kellogg.northwestern.edu

Manager's Desk

847.491.8506

micaela.valencia@compass-usa.com

Kellogg Facilities

847.491.8300

facilities-kgh@kellogg.northwestern.edu

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

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.

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.

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.

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