Current students, staff and faculty
All current students, staff and faculty have FREE access to the Barry Crown Fitness Center. You also will be able to be a part of all the student recreation programing and intramurals.
The fitness center is located in the Wabash Building, 5th floor.

Alumni and community
Unfortunately Roosevelt Alumni and community members do not have access to the Barry Crown Fitness Center.

Guest Passes
We do not allow guests in the fitness center.

Member Benefits/User options
- Access to all areas of the Barry Crown Fitness Center; including locker/shower rooms.
- Eligibility to participate in intramural sports
- Eligibility to participate in group fitness classes: Group exercise classes are available for all current RU students, faculty and staff free of charge (unless otherwise noted). Group exercise classes run continuously throughout the year and new participants are welcome anytime. Please note that if a group exercise class has consistently low numbers, the class may be canceled.
  Group exercise classes are held in the Fitness Studio, located on the 5th floor of the Wabash Building or at Plymouth Court, Columbia College.
- Facility orientation: To learn how to use the equipment, please e-mail Kelly Fitzgerald at kfitzgerald@roosevelt.edu to set up an appointment.

The fitness center provides a wealth of opportunity for your personal development. We have clean facilities, convenient hours and a friendly, courteous staff that help make for a wonderful place to workout.
Facility Policies
Every member using the Fitness Center must present their current Roosevelt University ID and sign in at the front desk. All IDs must be current to gain access to the facility. IDs may not be given to or used by any other person. Misrepresentation or misuse will result in cancellation of membership.
Parts of the facility may be closed off for events. Signs and calendars will be posted. Please do not leave valuable items unattended or unlocked in the lockers or locker rooms.
The Fitness Center is not responsible for anything that is lost, stolen or left behind.
The Fitness Center has the right to revoke a membership if the member is in violation of the rules and policies of the fitness center.
The Fitness Center has the right to change the rules and policies, if needed.
Shirts and shoes must be worn at all times.
No jeans are allowed in the Fitness Center.
Foul language is not allowed in the Fitness Center.
Spitting in the water fountains is not allowed.
Please be respectful to all patrons in the fitness center. Verbal or physical attacks will be addressed with management and Public Safety. Patrons may be asked to leave or membership may be revoked.
Please wipe down cardio equipment after use.
Please put all weights back in their proper location.
No chalk use allowed.
Please limit your time on all cardio equipment during peak hours (3 p.m. – 7 p.m.).
Please allow other patrons to share the equipment when you are doing multiple sets on a piece of equipment.
The fitness center is a student first facility. Staff and faculty must disembark equipment if a student is waiting to use it.

First Aid
All staff is First Aid, CPR and AED certified. An AED machine is located behind the front desk on the 5th floor. In case of a non-emergency situation please contact a Fitness Center employee or Roosevelt University Public Safety. If the situation is an emergency, please call 911.

Locker Room Usage
Lockers are available for members while they are using the Fitness Center. Personal belongings may not be left in the lockers overnight. Locks will be cut and belongings will be removed at the end of each business day. Members will be responsible for bringing their own locks. The Fitness Center is not responsible for any items that are lost, stolen or left behind.
May I bring a guest/children?
No guests or children are allowed to workout in the Barry Crown Fitness Center. In addition, guests are not allowed to participate in intramurals.

What are the hours of the fitness center?
Monday -Thursday 7:00am - 8:00pm
Friday 7:00am-3:00pm
Saturday 10:00am-3:00pm
Sunday 3:00pm-6:00pm

Holiday and special events hours are TBA

When is the facility the busiest?
Peak times are typically Monday through Thursday 12:00pm - 6:00pm.

What type of lockers are available?
We have lockers that are located in each locker room plus lockers located on the fitness floor. You will need to provide your own lock for the lockers.

Does the fitness center have locker rooms?
Yes. We have a men’s locker room, a women’s locker room and a family locker room. Each locker room has showers and lockers.

What if I forgot my ID card? May I still enter the facility?
No, a Roosevelt ID is required to enter the fitness center. This includes individuals entering the facility to attend a group fitness class.

Are any dance studios available for open recreation?
Yes, the dance studio in the fitness center is available for reservations as long as your reservation time does not interfere with a group fitness class. Please contact Kelly Fitzgerald at kfitzgerald@roosevelt.edu to schedule your reservation.

Who may participate in intramurals?
All current Roosevelt University students can participate in intramurals.
Group Fitness Classes  
Spring 2015

**Tuesdays**
Total Body Conditioning: 3:30pm-4:30pm, 731 S. Plymouth Court Fitness Studio
Dance Fitness: 5pm-6pm, Barry Crown Fitness Center Dance Studio

**Wednesdays**
Self Defense: 4:45pm-6:30pm, 731 S. Plymouth Court Fitness Studio

**Thursdays**
High-Intensity Interval Training (HIIT): 3:30pm-4:30pm, 731 S. Plymouth Court Fitness Studio
Pilates/Yoga Fusion: 7pm-8pm, Barry Crown Fitness Center Dance Studio

**Fridays**
Pilates: 11am-12pm, 731 S. Plymouth Court Fitness Studio
Yoga: 4pm-5:15pm, 731 S. Plymouth Court Fitness Studio

**Total Body Conditioning** - Condition your entire body. You will go through short circuits that will work your upper body, lower body and core. This is a 45-minute class for all fitness levels.

**Self Defense** - Learn how to protect yourself

**Pilates/Yoga Fusion** - This class is great to de-stress and relax. This class will go through a series of postures that are both energizing and relaxing. This is a 45-minute class for all fitness levels.

**High Intensity** - This is a great cardiovascular workout. You will gain quickness, strength, and burn calories as you work hard in this class. This is a 55-minute class for all fitness levels.
FITNESS CHALLENGE
Sign up for the fitness challenge and show everyone how far you can travel on a treadmill, bike or elliptical. This event will run from February 16 - March 6. More information on incentives and goals will follow.

STRONGEST PERSON EVENTS
Do you think you can attain more pushups, pull-ups and sit-ups than anyone else? Then you need to sign up for our monthly contests. First contest is after Spring Break, please check postings on the web for this!

WOMEN ON WEIGHTS INFORMATION SESSION
Are you new to a weight room? Do you want to build up your knowledge of strength training? Our women only program provides you with a basic weight training routine. You will learn about the benefits of strength training, how to use the machines and how to utilize free weights. Meet us in the conference center of the Goodman Center to start the forum.
Spring Semester: Thursday, Feb. 12 from 11:15-11:45am

WINTER STAIR A THON
How many flights can you climb a day? We want to challenge you to take the stairs and forgo the elevators. March 16—April 3. More information on incentives and goals will follow.

UNIVERSITY HEALTH FAIR
TBA