

## McCormack Fitness Center Frequently Asked Questions

**Q:** If I join when does my membership start?

**A:** Your membership begins as soon as you sign up, however our Full Membership period runs from January 1 through December 31 regardless to when you sign up. Memberships are available to student interns for a cost of \$20 per month up to a maximum of \$200 in any year. Student interns are required to pay for the full term of their internship. A new tiered system also allows you to join as a Half-year Member after July 1 for \$140 and as an End-of-the-year Member after September 1 for \$100. All memberships end at the end of the calendar year on December 31.

**Q:** I ride my bike into work and only want to use the showers. Can I use the showers only?

**A:** Yes. See the Bike Waiver Form on our website at [www.mfcinc.org](http://www.mfcinc.org).

**Q:** I run at lunch and would like to only use the showers. Can I only use the showers?

**A:** No. Runners are welcome to become members. However, due to the requirements of our liability insurance, only members are allowed access.

**Q:** A potential member would not be able use exercise equipment, but would consider joining for the classes. If the class types or schedule doesn't work for her, could she get a refund?

**A:** We currently have volunteer instructors committed to providing some classes. These classes are considered peer-to-peer instructional classes. Since these individuals are volunteers, the board is unable to guarantee the quality and the frequency of the classes. Emails are periodically sent out to inform members about class schedules. No refunds will be considered.

**Q:** A potential member is retiring next July. Can she pay a pro-rated membership fee?

**A:** Pro-rated membership may be granted at the regular membership rate by the board if notified at least one month before the membership year begins. Retirees may be granted a pro-rated membership fee. For example, the board could decide to give this retiree a pro-rated membership through the end of June 2010 that would cost \$120 (\$200 annual fee for 7/12 months is about \$117). Unfortunately, the board will be unable to give any refunds including unforeseen circumstances.

**Q:** What are the operating hours of MFC?

**A:** The normal operating hours are the same as normal building hours of 6 am to 7 pm. Cleaners have priority access to the locker room. From approximately 6 am to 7:30 am the Cleaners are in the locker rooms. Members working out in the early hours need to work around the Cleaners schedules. Anyone accessing the building before 6 am or after 7 pm must have a SmartCard ID and use their PIN number to get into the building.

**Q:** Are there showers and lockers?

**A:** Yes, there are four showers in each locker room (one handicapped accessible). The locker rooms have upper and lower lockers along the walls in a changing area. Locks on lockers are only allowed when working out to assure everyone who wishes can get a locker while working out. Due to limited MFC locker space, locker use is permitted only when using the Fitness Center; no daylong or overnight locker use is allowed. Locks will be cut off and contents emptied.

**Q:** What types of classes and what time of day are they planned?

**A:** There is a class schedule posted to our website.

**Q:** Is there any additional cost to take a class?

**A:** Membership fees include participating in all classes offered at the fitness center.