

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 membership period runs from January 1 through December 31. We offer prorated memberships for employees joining after February of the current year for \$10 per month. Memberships are available to summer interns for a cost of \$10 per month for a maximum of 3 months.

Q: I ride my bike into work or run at lunch and only want to use the showers. Can I use the showers only?

A: Yes. See the Bike Waiver Form on our website.

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. Since these individuals are volunteers, the board is unable to guarantee the quality and the frequency of the classes. However, many of the MFC members that take classes know the volunteer instructors and enjoy their classes. 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.

Q: What are the operating hours of MFC?

A: The normal operating hours are the same as normal building hours of 6 am to 6 pm. However, these hours may be extended once we know when the cleaners need access to the fitness center. Anyone accessing the building before 6 am or after 6 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. Absolutely no locks on lockers can be left overnight.

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.