

Membership Guidelines

UConn Health supports activities and programs that promote health and wellness and help achieve optimal quality of life.

Membership Guidelines

Membership is required for use of the Wellness Center. All participants are required to complete the following:

1. Wellness Center Registration Form
2. Wellness Center Waiver and Release Form

Membership does not include classes. Participation in classes may require an additional fee.

Classes

1. Open to members and non-members
2. Registration is on a first come first serve basis
3. Class participants will be required to sign in and collection of fees (if any) is the responsibility of the instructor

Hours of Operation

1. The Wellness Center is open 24 - 7 weekly. Staffed Monday – Friday, 8am – 8pm.
2. During the weekday hours of 6:30pm – 8:30pm students will have priority access to equipment.

Badge access to the center is for registered members only. No guests are allowed. Participants who provide access to non-Wellness Center members will forfeit their membership.

General Wellness Center and Facility Rules

1. The Wellness Center will not be responsible for loss or damage to any personal property of the member. Members may use a locker, based on availability. All property must be removed from lockers immediately following workouts.
2. Changing into exercise attire must be done in the locker room. Property of the Center shall not be removed for any reason. Lockers are not for private use and the Center reserves the rights to inspect all lockers, as well as to remove any lock left on locker. Any property left in a locker will be disposed of without notice.
3. No food or alcoholic beverages are allowed in the Center at any time. Beverages consumed during workout must be in a container with a lid. Members must clean any spills immediately.
4. Any member who conducts themselves in an unbecoming manner, or who knowingly violates any of these rules may be denied service, access or may have their membership suspended or forfeited.
5. Members should wear proper attire when using the exercise equipment shirt or top, shorts and or pants, and athletic shoes.
6. Equipment should be returned to the proper place after use. Doors shall not be propped open.
7. Please be courteous to others in the Wellness Center at all times. Share equipment and allow others to set in. Report any injury or equipment problem to a Wellness Center Staff Member.
8. Clean machines after each use by using provided sanitary wipes located throughout the Center.
9. Outside personal training is not permitted in the Center
10. Be considerate to others – do not sit and socialize on equipment, when Center is crowded, please limit your time on the machines to 30 minutes.