

FITNESS CENTER POLICIES

THE FITNESS CENTER IS LOCATED ON THE FIRST FLOOR OF THE TYRRELL FITNESS CENTER AND CAN BE ACCESSED THROUGH THE LOBBY BY THE FRONT DESK. THE FOLLOWING POLICIES GOVERN THE USE OF THE WEIGHT ROOM SPACE:

- In order to use the Fitness Center, you must first swipe your JayPass at the front desk
- Proper athletic attire must be observed and worn at all times while using the Fitness Center. Athletic shoes, shorts, sweat pants, t-shirt & sweatshirts are all examples of acceptable athletic attire
- Clothing items that are prohibited are not limited to but include:
 - Open toed shoes & boots (winter, work, etc.)
 - Jeans, Khakis & Cargo shorts
- Uncovered sports bras and garments that do not cover the mid-section are not allowed
- Clean shoes must be worn upon entering the facility
 - After November 1st, a clean change of shoes MUST be brought until April 1st.
- No food is allowed in the Fitness Center
- Tobacco products, alcohol, and other prohibited drugs are not allowed in the Fitness Center
- Re-rack dumbbells after use
- Equipment is not allowed to leave the Fitness Center
- All equipment must be used in the manner for which it was designed. Do not attempt to modify the equipment.
- Do not attempt to use equipment if unfamiliar with the proper use. Please ask the fitness staff for assistance.
- All users are required to wipe down cardiovascular equipment and free weight machines after use
- A 30-minute time limit on cardiovascular machines must be observed when someone is waiting. The fitness center staff will determine when to enforce time limits.



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WEIGHT ROOM POLICIES

THE WEIGHT ROOM IS LOCATED ON THE FIRST FLOOR OF THE TYRRELL FITNESS CENTER AND CAN BE ACCESSED THROUGH THE LOBBY BY THE FRONT DESK. THE FOLLOWING POLICIES GOVERN THE USE OF THE WEIGHT ROOM SPACE:

- In order to use the Fitness Center, you must first swipe your JayPass at the front desk
- Proper athletic attire must be observed and worn at all times while using the weight room. Athletic shoes, shorts, sweat pants, t-shirt & sweatshirts are all examples of acceptable athletic attire
- Clothing items that are prohibited are not limited to but include:
 - Open toed shoes & boots (winter, work, etc.)
 - Jeans, Khakis & Cargo shorts
- Uncovered sports bras and garments that do not cover the mid-section are not allowed
- Clean shoes must be worn upon entering the facility
 - After November 1st, a clean change of shoes MUST be brought until April 1st.
- No food is allowed in the weight room
- Tobacco products, alcohol, and other prohibited drugs are not allowed in the weight room
- Return bars and weights to their proper place after use
- Re-rack dumbbells after use
- Equipment is not allowed to leave the weight room area
- All equipment must be used in the manner for which it was designed. Do not attempt to modify the equipment.
- Do not attempt to use equipment if unfamiliar with the proper use. Please ask the fitness staff for assistance.



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LOCKER ROOM POLICIES

LOCKER ROOMS ARE LOCATED ON THE SECOND FLOOR OF THE TYRRELL FITNESS CENTER AND CAN BE ACCESSED THROUGH THE LOBBY ELEVATOR OR STAIRWAY BY THE FRONT DESK. THE FOLLOWING POLICIES GOVERN THE USE OF THE LOCKER ROOM SPACE:

- In order to use the Locker Rooms, you must first swipe your JayPass at the front desk
- Lockers are not assigned and are used on a first come, first serve basis
- Lockers are to be used during your time in the Fitness Center. Any lockers found with locks on them at the end of the evening will be cut and items in the locker will be cleaned out and put in the lost and found.
- Towels are not provided
- For the privacy of everyone, the use of audio or visual recording devices, including a cell phone camera, is PROHIBITED in locker rooms.
- Gender Neutral restrooms are not available at the Tyrrell Fitness Center, however, students (individuals) may use bathrooms according to their gender identities.
- No glass of any kind is permitted in locker rooms.
- All personal items must be locked in a secure locker (lock provided by participant). Elmhurst College is not responsible for lost or stolen items or items vacated due to unauthorized use.



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CAMPUS RECREATION

TYRRELL FITNESS CENTER HOURS

SUNDAY

12:00–8:00 PM

MONDAY

7:00 AM–10:00 PM

TUESDAY

7:00 AM–10:00 PM

WEDNESDAY

7:00 AM–10:00 PM

THURSDAY

7:00 AM–10:00 PM

FRIDAY

7:00 AM–8:00 PM

SATURDAY

10:00 AM–2:00 PM

Hours are subject to change during holidays, school breaks, and J-term. Please visit the Campus Recreation website for the most up to date information.



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