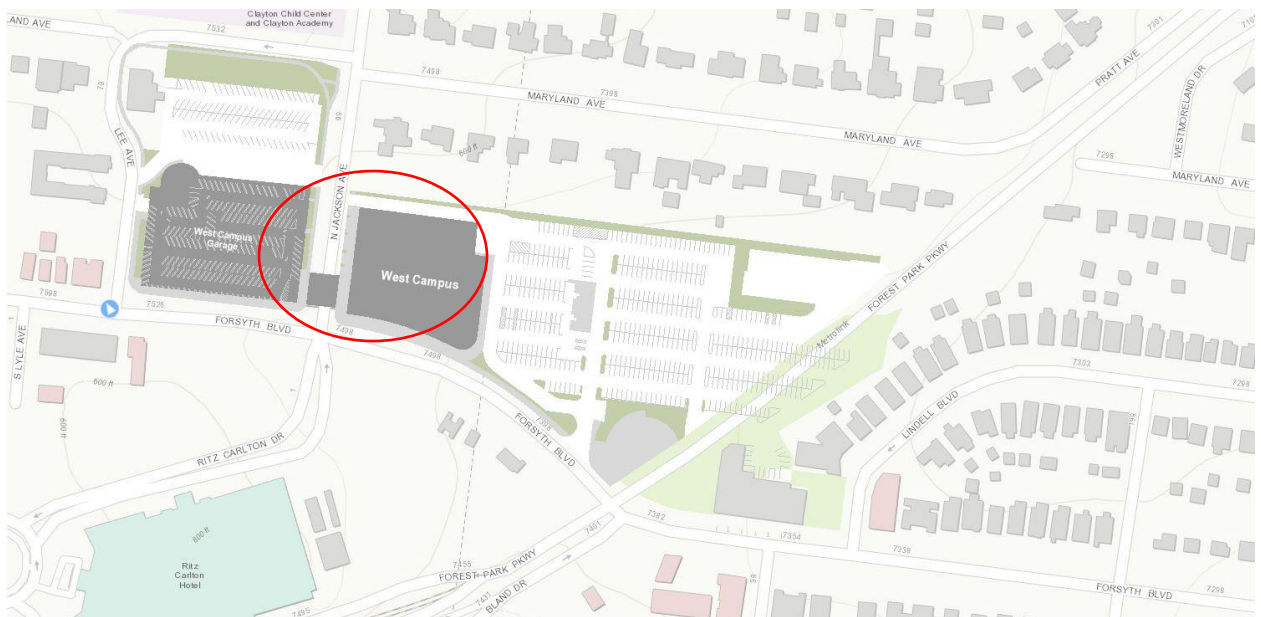
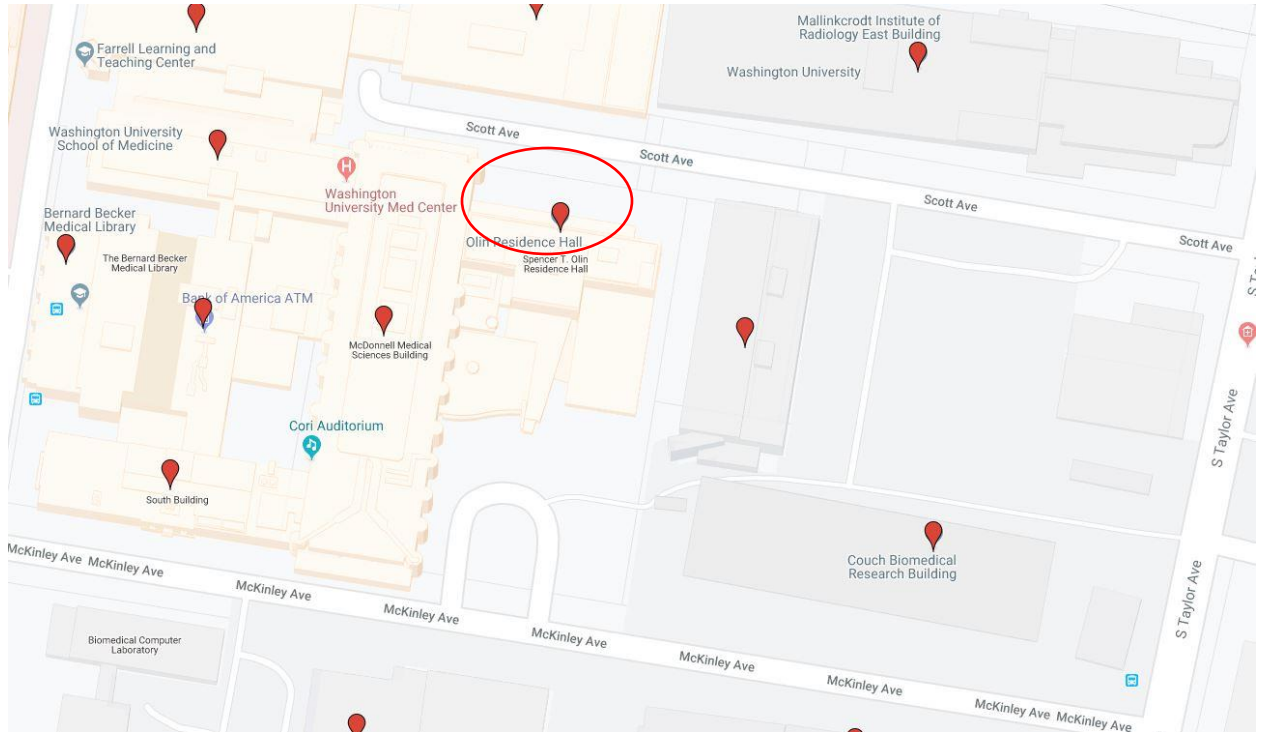


Employee Group Fitness Classes FAQs

1. **Who is eligible to participate?** Any Washington University employee who purchases a series pass or who is currently a member of Sumers Recreation Center may participate in classes.
2. **How do current Sumers Rec Center members sign up for a series?** Current members should provide their full name to the instructor at the beginning of each class. The instructor will make note on the class attendance record that is provided to Sumers Recreation Center each week.
3. **Do I need to bring my own mat?** Participants are welcome to bring their own mat, however we have plenty available for participants.
4. **Who can I contact for help if I'm having difficulty logging into the Rec Store to purchase a pass?** Please contact Ben Smith at bensmith@wustl.edu for technical assistance.
5. **Where is West Campus, Room 354?** The West Campus is located at 7425 Forsyth, just east of Jackson in Clayton, MO. Class participants should either park in the garage, use metered parking or take the MetroLink if driving to West Campus. Room 354 is located on the 3rd floor across from the cafeteria.



6. **Where is the Wellness Connection Studio in Olin Residence Hall?** Enter the building at 4550 Scott Avenue from Scott Avenue or from the adjacent Shell Cafeteria seating. You **MUST** have your current employee ID card to access the elevators in the lobby. Then you can proceed to the 2nd floor and follow the signs to the Studio (Room 200).



7. **Where can I change or store my personal items during class?** Restrooms are available within a short walk from both class locations. There is a locker room on the Lower Level of Olin Residence Hall with toilets and showers. The Studio has lockers available in the room on a first-come-first-served basis. Please be sure to secure your personal items.