Frequently Asked Questions about WAC and Wellness

How do I get a locker at these fitness facilities?

At ML and FL1, there are a limited number of lockers available for overnight storage. At JEFFCO, and FL3 all lockers in the locker rooms are for DAY USE ONLY. At FL1, several lockers in the locker rooms are labeled for DAY USE ONLY. All other lockers may be claimed on a first-come, first serve basis by placing a tag or label on a locker that includes your name and phone number.

At ML, lockers in the mens' and womens' locker/shower rooms (ML57, ML59) adjacent to the fitness centers are available for temporary/day use only. Lockers in the 1B mens' restroom (ML036) and outside of the 1B fitness equipment room (ML045C) may be claimed on a first-come, first-served basis by tagging a locker with your name and phone number.

What occurs during a locker cleaning?

A locker cleanout is done periodically to clean and maintain all lockers and identify unused lockers. After staff has been adequately notified, locker cleaning is performed by the Maintenance and Custodial groups. Locker users must remove all locks and personal items and leave the name tags in place. The cleaning crew will go through each locker, remove any items left, clean, inspect and do any necessary repairs. Lockers still locked during this time, will have locks cut off, contents removed and tagged. These items will be at the building’s front desk where staff can claim them.

Who maintains the equipment in these facilities and how do equipment and facility repair request get reported?

The Facilities Maintenance group performs routine cleaning and light maintenance of fitness center equipment. Enhanced maintenance and upkeep is conducted periodically by external manufacturer reps. Report a problem with fitness facility equipment or room by calling Facilities at ext. 1120.

Why do some fitness classes cost and others do not?

The price of any fitness class is set by the instructors. Some classes are taught by employees who have donated their time. UCAR cannot pay fitness instructors for these types of services.

Can anyone use the fitness center and participate in the fitness classes taught at UCAR facilities?
Since space is limited in the FL and ML facilities. Class enrollments are set by the instructor who is responsible for the safety of fitness center participants. Family members (18+ yrs of age) of staff are eligible use the fitness centers and participate in classes when accompanied, and on a space available basis. If you are interested in a particular class, please contact the instructor directly to determine costs and space availability.

**I am interested in starting a new fitness class at UCAR, how do I get started?**

To start a new fitness class, you must arrange for the instructor and request a spot on the fitness calendar at the location the class will be held. Classes with a loyal following, tend to be the most successful, so you can help your class by generating interest from coworkers before you start the class. Classes that require special equipment may be more difficult to offer due to limited space and available funding. The WAC can also assist with advertising and promoting new classes by adding them to the Fitness calendars, the Wellness site, and promotionals in UCAR’s daily announcements. For additional information, contact Jim Menghi at menghi@ucar.edu or extension 8685.

**What do WAC members do and how often does the committee meet?**

WAC members serve an advisory role to management on health and wellness events, services and resources. The WAC facilitates the maintenance and schedules for the fitness centers, helps coordinate health and wellness events, and maintains an informational Wellness website. Most WAC business is conducted via email with periodic meetings as needed, and we always welcome new members!

**How do I make suggestions for wellness resources or fitness center equipment?**

The WAC welcomes ideas for health and wellness resources and new fitness equipment. Send your suggestions to wac@ucar.edu.