

Employee Wellness Center at Coughlin Hall

In order to access this space, you will need to enter the lower level of Coughlin Hall from the outside, south facing entrance. *The entrance and exit are the same.* Please do not exit the door in the conference room space unless it is an emergency. An alarm will sound and MUPD will be notified.

Rules and Responsibilities:

The Employee Wellness Center is a FREE, dedicated wellness space for Marquette faculty and staff ONLY. Because this is a shared space, with no dedicated staff, we ask that you follow a few simple rules for using this facility:

1. No employees at Marquette are permitted in the space who have not signed the online liability waiver.
2. No guests at any time for any reason are allowed in the Employee Wellness Center.
3. For your safety, there are cameras in the fitness area and conference room, an emergency phone and AED in the fitness area, and panic alarms in each of the changing rooms.
4. When entering the Employee Wellness Center, please place your objects in the changing rooms. Hooks and cubbies have been provided for you. Please do not bring your items into the fitness area. We want to create a clutter-free, welcoming environment for all who enter.
5. Please make sure to bring a pair of clean shoes to use the fitness facility when it is raining or snowing outside. Dirty shoes may be left inside the entry way. This space will only be cleaned twice a week so it is important that we are not tracking mud, water, and salt all over the floor.
6. After showering, please clean up after yourself. We ask that you use the provided spray cleaner to spray down the walls and be mindful of how you leave the space for others. You will need to bring your own towel, soap, and shampoo/conditioner. These items may not be left in the space.
7. When using equipment in the fitness space, please ensure you are placing it back where it belongs when you are done. If you are using a mat, please use the wipes located above the garbage can to wipe it down before hanging it back up.
8. Food and beverages, except water, are not allowed in the fitness space or in the changing rooms.
9. If you are bringing your own items into the space to do your workout, these items may not be left in the space. This includes yoga mats, towels, etc.
10. If you are riding your bike to work and want to use the shower/changing room facilities, a bike rack has been installed outside for your convenience. No bikes are allowed inside the space.

11. If you are the last one to leave the space, please ensure that the lights are turned off.

Thank you in advance for helping to make the Employee Wellness Center a safe, welcoming space for all who enter. If you should have any questions or concerns, please reach out to benefits@marquette.edu directly.