Welcome to UCSF Fitness & Recreation Centers

fitness.ucsf.edu
instagram.com/ucsffitness
facebook.com/ucsffitnessrecreation
Together We Transform
We are UCSF Fitness & Recreation. We’re strong believers in the transformative power of community. For more than 60 years, we’ve improved the health and wellness of our members – university faculty, staff and students, and our neighbors. Discover your path to lifelong wellness.

Getting Started

Code of Conduct
The UCSF Fitness and Recreation Center is committed to providing a safe, comfortable and enjoyable experience. A Code of Conduct for members and guests has been established for UCSF Fitness and Recreation to ensure that your experience is consistent with our commitment.

Fitness and Recreation staff has the authority to implement policies that support providing a safe, comfortable and enjoyable experience for members of the UCSF community. At its sole discretion, the University determines if conduct violates this Code of Conduct. Under the Code of Conduct, inappropriate behavior includes, but is not limited to, the following:

- Unsafe behavior
- Physical assault, violent, threatening, aggressive, harassing and/or intimidating behavior
- All forms of abusive or demeaning communication, including foul or offensive language or gestures
- Photography or videography without prior department and campus approval
- Non-adherence to the rules and policies set by UCSF Fitness and Recreation and the University in its facilities and programs
- Certain threats or acts of violence may violate the law and could result in criminal prosecution
- Members and guests are expected to accept responsibility for their actions and should respond to all requests to adjust behaviors that do not meet gym guidelines

Every UCSF Fitness and Recreation member and guest shares a responsibility for creating and maintaining a civil and respectful gym environment. A Code of Conduct, inappropriate behavior includes, but is not limited to, the following:

- Unsafe behavior
- Physical assault, violent, threatening, aggressive, harassing and/or intimidating behavior
- All forms of abusive or demeaning communication, including foul or offensive language or gestures
- Photography or videography without prior department and campus approval
- Non-adherence to the rules and policies set by UCSF Fitness and Recreation and the University in its facilities and programs
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Our Community Values

Cell Phone Use
Pretreat from sitting on equipment while using your phone. Make phone calls in designated Phone Zones only. For privacy reasons, cell phones are prohibited in saunas.

In the Locker Room
Children are welcome. No running or shouting. When accompanied by an adult, children 5 and under can use either the women’s or men’s locker room. Secure your belongings. The fitness center is not responsible for lost or stolen items. Long lockers are for day-use only. Locks left overnight will be removed.

In the Sauna
Shower before entering sauna. Only towels and sandals are to be worn in the sauna. Use a towel to sit or lie on. Do not leave clothing or towels in the sauna to dry. Fragrance-free zone: no oils, lotions, or perfumes. Children 15 and under are not allowed. Do not pour water on the sauna rocks. Exercising in the sauna is prohibited. Quiet zone: no loud conversations. No cell phones.

During Your Workout
Do not occupy machines or benches while checking your phone. Share equipment. Let others work in between sets. There is a 30 minute limit on all cardio equipment when others are on the waiting list. Do not occupy machines while on your phone. No street clothes or scrubs. Shirts must be worn at all times. No open-toed shoes; non-marking soles only. Keep water in closed containers. Re-rack weights. Use collars and safety latches provided. Know your limits. Use a spotter when necessary. Do not drop weights. Use a weight that you are comfortable with.

In the Gymnasium
No street clothes or hospital scrubs. Shirts must be worn at all times. No open-toed shoes; non-marking soles only. Keep water in closed containers. No food allowed. Respect the equipment – no hanging on rims or sitting on balls. Re-rack balls. Be considerate – no spitting on courts or in water fountain. Children under 15 must be supervised by an adult.

Squash & Racquetball Courts
Wear shoes with non-marking soles only. For your safety, wear protective eyewear. No food or drink allowed. Children 15 and under must be supervised by an adult. No street clothes or hospital scrubs. Shirts must be worn at all times. Store workout bags in a locker. Do not leave in the court area.

Make A Splash
Swimming Pool
Lap swims may change monthly. Schedules are available online and at the Service Desk. Lifeguards have full authority over pool users and use of pool areas and may enforce unposted rules as situations warrant. A shower is required before using the pool. Swim caps and goggles are recommended but not required. Shoulder length or longer hair should be tied back. No diving is allowed. Remember to dry off upon exiting the pool.

Lap Swim Etiquette
It is the responsibility of the swimmer entering the lane to notify other swimmers. Use the lane that is most appropriate for your speed (slow, medium, fast). Lifeguards may assist you with selecting a lane or ask you to move to a lane that is more appropriate for your speed. Lane sharing and circle swim may sometimes be necessary.

Family Swim
Children who are non-swimmers must remain within arms length of an adult at all times. Maximum of two children per adult. Swim diapers are required for children who are not toilet trained. Personal flotation devices must be US Coast Guard approved and fit properly. Toys and swim equipment will be restricted at the discretion of the lifeguard based on safety concerns. If you and your child would like to swim in the deep and during Family Swim, please speak to the lifeguard on duty regarding a swim test. Guest fees apply to all non-member children and adults during Family Swim.

Guests and Memberships

Guests
Check-in at the Service Desk for current guest fees. Members are welcome to host adult guests at any time. A maximum of two child guests are allowed per member.

- Ages 2-6 free
- Ages 3-17 must have a child membership or pay a child guest fee
- Ages 15 and over: may use all facilities and take Group X classes on a space available basis

Hibernation Service
Hibernation service (membership freeze) is available and maintains your membership at the reduced rate while you are unable to use it. Hibernation is offered for full calendar months; sorry, no partial months. Requests for hibernation or cancellation must be submitted to Member Services by the 15th of the month to take effect the 1st of the following month. Full monthly fees will apply if returning early from hibernation. Requests are accepted in-person and by e-mail.

Welcome Workout
New members receive a complimentary session with a certified personal fitness trainer. Whether you’re a first time exerciser or athlete, our staff can teach you how to safely use the equipment and exercise for optimal results. To schedule your appointment, contact the Fitness Manager.

Parking
Discounted parking is offered through UCSF Transportation Services. For details, visit: tiny.ucsf.edu/parking

Group X Classes
Reservations begin at 7:00 pm daily for next day classes. Premier members may reserve online, by phone, or in-person.

Reserve Online
Online reservation is available 48 hours after membership enrollment.
1. Go to xprox.com/schedule.ucsf
2. Click the First Time User tab
3. Enter your membership number (found on membership card)
4. Click OK
5. Fill in the required information and click the Register Me icon at the bottom of the page

Reserve by Phone
Baker Service Desk: 415.514.4545
Millbry Service Desk: 415.476.1115

Reserve In-Person
Sign up at the Service Desk.

Mobile App

Getting Started
1. Download the UCSF Fitness app in the app store or scan the QR code
2. To login, use the temporary online account username and password that is sent within 48 hours of enrollment (different from Group X username and password)
- Check in with your phone
- Update your contact information
- Make payments
- Register for programs
- Book F45 and Pilates drop-in classes
- Book squash and racquetball courts

Contact Us
Bakar Fitness & Recreation Center at UCSF Mission Bay
Service Desk 415.514.4545
Member Services 415.476.5646
bakar.memberships@ucsf.edu

Millbry Fitness & Recreation Center at UCSF Parnassus
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