

# Fitness Center FAQ

## Where is the Fitness Center?

The Fitness Center is conveniently located just minutes from both campuses inside the JCU Gianicolo Residence on Vicolo della Penitenza, Number 26.

## How can I access the Fitness Center?

You must fill out the Fitness Center Form and submit a valid certificate of good health issued by an Italian doctor before the first use of the JCU Fitness Center. You can download all forms on MYJCU on the Athletics Information tab.

For more details on the physical exam, see Italian Physical Exam FAQs. You must bring your JCU ID card with you each time you would like to access the Fitness Center.

## Does it cost anything to use the Fitness Center?

All JCU students, staff, and faculty can access the Fitness Center and participate in any fitness classes offered free of charge.

## What should I bring to the Fitness Center?

You should bring a towel, proper sports attire – including athletics shoes, and your JCU ID. You can bring your own bottle of water (plastic only) or purchase one at the vending machines.

## Are there people in the Fitness Center who can help me with the machines or to create a personal exercise plan?

Yes; there are two bilingual personal trainers available to assist you during Fitness Center hours.

## Do I have to sign up for the fitness classes?

No; you can go to the class directly. We have a first-come-first-served policy so it is recommended that you show up five minutes before the class starts.

## Can JCU Alumni use the gym and is there any fee to use the Fitness Center?

Yes, Alumni can use the gym. Alumni pay only the Activity Fee each semester to have access to the gym. This fee must be renewed each semester and summer sessions. For cost information please [click here](#).

## Are guests allowed to use the Fitness Center?

No; only currently enrolled students (and JCU Alumni, see above) and currently employed staff and faculty are allowed to use the Fitness Center.