Shad Hall Fitness & Recreation Center
Fast Facts

Telephone: +1-617-495-6060 (5-6060 from any residence-hall phone)
Automated Info Line: +1-617-496-SHAD (6-SHAD from any residence-hall phone)

**Hours of Operation:** Visit our website or call +1-617-496-SHAD (6-SHAD from any residence-hall phone) for up-to-date hours. Please note that hours may vary on holidays and for occasional special events.

**Access:**
All Executive Education participants are required to initially register at Shad Hall by signing the Statement of Informed Consent. Your Executive Education name badge is subsequently used for access and to exchange for a towel and day-locker key at the equipment desk.

**Attire:**
Shirts must be worn. No black-soled shoes allowed on any wood floor surface.

**Equipment Desk:**
First floor. Check-in, towels, locker keys, court reservations and to borrow equipment.

**Locker Rooms:**
First floor. Lockers, showers, sauna, steam room, and whirlpool.

**Racquet Courts:**
Basement level. 5 squash and 2 racquetball courts. Racquetball courts can also be used for table tennis, handball and wallyball. Racquets, balls and (required) eye protection are available to borrow. **Court reservations for one 45-minute time slot may be made up to two days in advance by calling +1-617-495-6060 (5-6060 from any residence-hall phone).**

**Tennis Courts:**
4 outdoor courts adjacent to Shad Hall. **Court reservations (spring–fall) for one 60-minute time slot may be made up to two days in advance by calling +1-617-495-6060 (5-6060 from any residence-hall phone).**

**Fitness Areas:**
Second floor. Cardiovascular equipment, strength training equipment and stretching areas. Personal trainers available (for a fee).

**Indoor Cycling:**
Basement level.

**Group Exercise:**
Second floor. A variety of group exercise classes including Pilates, step aerobics, cycling and yoga are offered most days (see our website for the class schedule). You must pick up a class card (while they last) at the equipment desk prior to any class.

**Gymnasium:**
Second floor. The gym can be divided into three separate areas. The center court is designated for pick-up basketball. **To reserve the gym for basketball, volleyball, badminton or soccer, call +1-617-495-6060 (5-6060 from any residence-hall phone) at least 24 hours in advance.**

**Track:**
Third floor. Walking, jogging, running. Nine laps to one mile.

**Blodgett Pool:**
Located just across N. Harvard St. from Shad Hall. Hours of operation vary regularly due to scheduled events; call +1-617-495-1789 (5-1789 from any residence-hall phone) or visit [http://recreation.gocrimson.com/recreation/hours](http://recreation.gocrimson.com/recreation/hours) for up-to-date hours. Pool passes, directions and more information are available via Guest Services at the Chao Center Front Desk.

**Shad Staff:**
Our staff can be reached at +1-617-495-6060 (5-6060 from any residence-hall phone). Please contact us if we can be of any assistance.