

Getting to the URMC Fitness & Wellness Center

From the Parking Garage

Exit at G Level. After passing through the automatic doors, turn right. Follow the yellow tags on the ceiling until you pass MRI on the right. Pass 5 doors and then turn into the hallway on your right. Follow the blue, green and yellow stripes on the wall and turn into the hallway on your left.

From the Silver Elevators

Go straight, following the yellow tags on the ceiling until you pass MRI on the right. Pass 5 doors and then turn into the hallway on your right. Follow the blue, green and yellow stripes on the wall and turn into the hallway on your left.

From the Red Elevators

Exit at G Level. Make an immediate right out of the elevator lobby and another right into the main corridor, walking away from the Blood Bank. Follow the yellow tags on the ceiling until you pass MRI on the right. Pass 5 doors and then turn into the hallway on your right. Follow the blue, green and yellow stripes on the wall and turn into the hallway on your left.

From the Yellow Elevators

Exit at G Level. Turn left out of the elevator lobby and left again into the main corridor. Follow the yellow tags until you pass the second intersection. Pass 6 offices and a stairway and turn into the hallway on your left. Follow the blue, green and yellow stripes on the wall and turn into the hallway on your left. There is an intercom on the wall.

From the Green Elevators

Exit at G Level. Walk past the Radiology Reception area into the main corridor. Turn left, walking away from the Blood Bank/Emergency. Follow the yellow tags on the ceiling until you pass MRI on the right. Pass 5 doors and then turn into the hallway on your right. Follow the blue, green and yellow stripes on the wall and turn into the hallway on your left.

From the Orange Elevators

Exit at the G Level. Walk straight past the Bank and then the Post Office and turn right at the second hallway. Pass 6 offices and a stairwell and turn into the hallway on your left. Follow the blue, green and yellow stripes on the wall and turn into the hallway on your left.

From the Psychiatry Entrance

Turn right and walk to the end of the hallway. Turn left at the Post Office. Turn right at the second hallway (there is a single elevator on your right at the intersection). Follow the yellow tags until you pass the second intersection. Pass 6 offices and a stairwell and turn into the hallway on your left. Follow the blue, green and yellow stripes on the wall and turn into the hallway on your left.

From the Wolk Pavillion (main entrance)

Proceed to the Red Elevators and follow directions from there.

From the Medical School Entrance (aka KMRB, Atrium)

Walk to the end of the Atrium and turn left into the hallway. Follow the yellow tags until you pass the second intersection. Pass 6 offices and a stairwell and turn into the hallway on your left. Follow the blue, green and yellow stripes on the wall and turn into the hallway on your left.

Once there

Push the button on the brick wall next to the Handicap Accessible door. Enter the revolving door and step on the yellow feet. Proceed immediately to the Pro Shop to speak to the receptionist.