

How to make a Fitness Center Appointment in IMLeagues!

Step 1:

- Create an account in IMLeagues by visiting www.IMLeagues.com and make sure to select University at Albany as your school
- You MUST use your UAlbany email address when creating your account
- If you already have an IMLeagues account, skip to Step 2!

Step 2:

- Once you are logged in your IMLeagues account, select the Fitness tab

Step 3:

- Click on “Calendar” to view available appointment for that week

Step 4:

- Choose the date/time/location that you would like to make an appointment for

Please note:

Appointments can be made starting 9am Sunday of the appointment week and MUST be made by midnight the day before the appointment. **Same day appointments are NOT available at this time.**

After you make your appointment, you will receive a confirmation email. You MUST show the Fitness Center staff this email confirmation when you arrive for your appointment.

Fitness center capacity is very limited. Please only make an appointment for days/times that you know you will be able to attend!

In order to enter any Campus Recreation fitness center, you MUST bring the following items:

1. Your appointment confirmation email
2. Your daily Health Screening confirmation email
3. An APPROVED MASK: Cloth based face covering or disposable mask that covers the nose and mouth. **Gaitors, bandanas and buffs are NOT ALLOWED per NYS fitness center guidelines.**
4. Your UAlbany ID Card

Access to the Indian and Colonial Quad fitness centers are for residential students ONLY. Off-campus students, faculty, and staff are NOT permitted to use those spaces and should not make appointments for those spaces.

Access to the SEFCU Arena, which is where the SEFCU fitness center is located, is only available during appointment times. Students, faculty, and staff must swipe their UAlbany ID card at the exterior SEFCU Arena door in order to enter the building. You may swipe into the building 5 minutes before the start of your appointment time, or at any time during your appointment.

You do not need to show up at the exact start of your appointment hour. You can come to the fitness center at any point during your appointment, but you MUST leave at the end of the appointment time.