Skibo Gymnasium
412-268-4310

Summer hours
Monday–Friday 6:00 a.m. – 9:00 p.m.
Saturday & Sunday 10:00 a.m. – 3:30 p.m.
*Closed Memorial Day, July 3rd and 4th

Features
Skibo Gymnasium is home to the Athletic Department’s offices (room 204), as well as serving as the auxiliary fitness facility at Carnegie Mellon University.

To enter Skibo Gymnasium, patrons must present a valid Carnegie Mellon ID to the Weight Room Monitor. Guests are not permitted.

Skibo Gymnasium features full locker rooms for both men and women.

Main gym
The main gym is home to the men’s and women’s basketball and women’s volleyball programs. Patrons may play basketball, volleyball, and badminton here.

Weight room
The weight room is the hub for total body workouts. This room is popular for patrons who are interested in free weight lifting.

The weight room houses all fitness activities in Skibo Gymnasium, featuring cardio machines, free weights, and selectorize machines. This is for those patrons who want to combine aerobic workouts with strength training.

Staff Contacts
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Fitness Operations Manager

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Coordinator of Intramural and Club Sports

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Inquiries concerning the application of and compliance with this statement should be directed to the vice president for campus affairs, Carnegie Mellon University, 5000 Forbes Avenue, Pgh, PA 15213, telephone 412-268-2056.

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Cohon Center Athletic Facilities
412-268-1236

Fitness Facilities Summer Hours
Monday–Friday 6:00 a.m. – 10:00 p.m.
Saturday & Sunday 10:00 a.m. – 10:00 p.m.

Weight Room
The weight room houses a total body weight training circuit, with selectorize cardio/ aerobic machines, and some light free weights. The room is popular for patrons who want to combine aerobics workouts with strength training.

The weight training circuit machines feature quick-response barcodes. By scanning the code with a QR-reader application on a smartphone, users can access instructions and videos for using the machines safely.

Cardio Room
The cardio room features a variety of cardio machines including treadmills, elliptical machines, stationary/ recumbent and Expresso bicycles, and rowing machines.

Activities Room/ Group-X Classes
To participate in Group-X classes, you must purchase a group-x card from either the Equipment or Information Desk. You may purchase a $6 single-class card, a $50 punch card (12 punches), or an unlimited summer 1 and summer 2 card for $55 for 7 weeks.

12-punch, unlimited, and single class cards are sold at the Equipment Desk. Single-class cards may be purchased at either desk. The Equipment Desk can only accept a credit card or plaid cash, but the Information Desk accepts checks, cash, or credit cards. The class schedule is at: www.cmu.edu/athletics/recreation/fitness/index.html

Racquetball/Squash Courts
The Cohon Center houses two racquetball courts and two convertible (racquetball/ squash) courts on the first floor, and a squash court on the second floor.

Racquetball/ squash equipment and eye protection may be checked out at the Cohon Center Equipment Desk.

Patrons can reserve a court online with their Andrew ID and a different password at www.enrollment.cmu.edu/reservesport

Tennis Courts
Outside the Cohon Center are six tennis courts. The tennis courts use the same reservation system as the racquetball and squash courts.

Guest Policy
Carnegie Mellon University Guests
Guests are permitted only in the Cohon Center athletic facilities. Patrons must accompany their guests at all times. Guests may not solicit patrons to be signed in.

Guest passes may be purchased by any Carnegie Mellon student, faculty member, or staff member with a valid Carnegie Mellon I.D. at the Cohon Center Information Desk for $7. Guest passes are valid for one day only.

Children under the age of 12 may come as guests for free. Children are not permitted in the cardio room, weight room, or Group X classes.

Sponsored/Affiliate I.D. Cards
Carnegie Mellon faculty and staff may request an affiliate I.D. for spouses and children (ages 12-21) through Human Resources. Students may sponsor a spouse by submitting an application at the I.D. card office in The HUB.