

V . BUILDING AMENITIES

BUILDING AMENITIES & SERVICES

Conference Center

On-site meeting facilities with seating capacity ranging from 32 to 300 people are available to all building tenants on a reservation basis. Fees for usage, audio-visual equipment usage and set up will apply.

Special Event Space

On-site Special Event Space for weekday business functions is available to all building tenants on a reservation basis. Depending on the type of event and required set up, approximately 350 – 450 people can be accommodated. A rental rate and additional charges for equipment usage and set up will apply.

Two On-Site Cafés

Café 300 is open Monday thru Friday for Breakfast from 6:30am to 10:30am, Lunch from 11:00am to 1:30pm and Snacks from 2:00 to 3:30pm.

Café 4100 is open Monday thru Friday for lunch from 11:00am to 2:00pm. During summer months, Café 4100 may operate on a reduced schedule.

Choices available include Salad Bar, Grille, Culinary Theater, Pizza, Soup and Deli.

For additional details contact Danielle Cushing at (366) 471-4336, or for catering information, contact Anika Jackson at (312) 653-2836.

Automated Teller Machines

Health Care Service Corporation Credit Union ATMs are located on Pedway near the escalators and on the north side of the 3rd floor. These may be used by the general public. There is also a Chase Bank branch next door to the East of our building.

Retail Tenants

The following retail tenants are located on the Pedway level:

Subway

T: 312.540.1087

Hours: M-F 7:00am – 3:00pm

Starbucks

T: 312.233.0012

Hours: M-F 6:00am – 5:00pm

Gateway Newstand

T: 312.233.0222

Hours: M-F 7:00am - 6:00pm

Fitness Center

Motiva Fitness Center, located on the CAL Level, features treadmills, recumbent bikes, elliptical machines, free weights and weight machines. There are locker rooms with fully stocked showers and towel service. The Fitness Center Hours are Monday through Thursday, 5:30am – 7:00pm and Friday, 5:30am – 6:00pm. For further information or to arrange a tour, contact Fitness Center Manager Jennifer Brazen at 312.653.8001 or Jennifer_Brazen@bcbsil.com.

Premise Health Wellness Center

Premise Health Wellness Center is open to all tenants of 300 East Randolph and is located on the CAL level. Premise Health Wellness Center is open to all tenants of 300 East Randolph by appointment only.

Location: CAL Level, CL404, behind the up escalator

Phone: (312) 653-3300

Hours: Monday to Friday, 8 am to 5 pm

Please click [here](#) to view the Premise Health Wellness Center brochure.

Chair Massages

Hired Hands is currently offering chair massages on the Pedway (west).

*Mondays & Thursdays from 8:30 a.m. to 6:00 p.m. (\$1.00 per minute, 15 minute maximum) - Appointments are required

*Call to confirm

Tenants may call (773) 547-1040 to schedule an appointment. Please click [here](#) for additional information.

Commuter Bus Service

Express Bus Service is available to all employees of 300 East Randolph (Click [here](#) to view brochure). Morning service begins at 6:00am until 9:30am, in 8-10 minute intervals at the following train stations.

- LaSalle Street Station
- Union Station
- Ogilvie Transportation Center

Afternoon service at the same stops begins at 3:00pm until 7:00pm. 10-ride tickets are available for \$17.50 (\$1.75 p/ride). To purchase tickets or for additional details, please contact the Building Management Office at 312-202-3800.