The fitness center is primarily operated by the University of Minnesota, but is open to the public at certain times and for certain events. Minneapolis residents are able to obtain a membership for facility use, and several courses, training, and therapeutic seminars are held regularly. There are active public spaces used by both patients and the public towards the center of the building. Highly active public spaces are set near a 24 hour public atrium which leads down to the riverfront. This atrium allows the fitness center and clinic to operate independently, while being contained within the same structure.

Within the clinic itself, semipublic spaces, for consultations, meetings, and respite break up the riverfront facade, designed as more of a living space for patients and staff. The clinic program itself, at a smaller scale, acts as a community-based ambulatory care facility.