

**DEPARTMENT OF
CAMPUS RECREATION AND WELLNESS
NEW PATRON ORIENTATION**

Welcome to the Department of Campus Recreation and Wellness. We are a non-academic department within the Division of Student Services, which is primarily funded by student fees.

The Department areas include:

HPER Center

Aquatics

Campus Outdoors

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Membership

Members may purchase a membership for their spouse or a family membership.
Members may also bring a guest for a fee.

Aquatics Center

The pool is a 6 lane, by 25 yards and goes from 4ft. to 12ft.
Includes a rock wall and 1 meter diving board.

Cardio Room and Mezzanine

Treadmills, elliptical, step trainers, Jacob's ladder, recumbent bicycles, rowers, etc.
Safety clips on treadmills must be worn at all times while on treadmills.
Do not read or talk on the cell phone while on the treadmills.

Weight Room

Types of weights and machines includes:
Free weights
Hoist Selectorized equipment, plate loaded equipment, and squat racks
Olympic benches and flexibility area.
Gloves must be used on punching bags.
All equipment in the weight room must remain in the weight room.
Cable crossover must have attachments on during use to avoid injury.
Must rack weights after use. If you can lift it, you can rack it.
Do not drop or slam weights.
Flexibility areas and stretch trainers are available for stretching in the weight room,
cardio room and mezzanine. Do not utilize machines or benches for flexibility training.
Always ask for a spot if needed.
Ask HPER staff for assistance on proper set-up and machine usage if help is needed.
Collars must be used on all plate loaded bars.

Fitness Assessments and Personal training

Fitness Assessments is a free service offered to help determine current health and fitness status and gain basic guidance towards obtaining health and fitness goals. Assessments are in two sessions, initial and results.
Personal Training is for extra motivation, accountability, a better understanding of how to workout, or need guidance beyond that of a fitness assessment.

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Campus Outdoors

REVISED: June 2, 2022

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