

Campus Recreation Contacts

Welcome Center.....(620) 235-6565
 Intramural Sports.....(620) 235-4955
 Fitness/Wellness.....(620) 235-4983
 Aquatic Center.....(620) 235-4914
 Administration Support.....(620) 235-6564

SRC Hours

Fall & Spring Semesters

Monday-Friday.....6am-11pm
 Saturday.....9am-7pm
 Sunday.....12pm-10pm

Pool Hours

Monday-Thursday.....6:15am-7:30am
 Monday-Friday.....12:00pm-7:30pm
 Sunday.....5:00pm-9:00pm

Membership

PSU students are allowed to use the Student Rec Center (SRC) upon presentation of their valid PSU ID. Faculty, staff, and retired staff may purchase SRC memberships, which run concurrent with the (Sept. 1 – Aug. 31) Annual memberships are available. For additional Membership information, visit the Web Site or stop by the SRC.

Personal Training

Let our personal trainers help you take your fitness to the next the next level by providing knowledge on strength training, cardiovascular training, functional movements, fitness assessment, body composition and much, much more.

Student Recreation Center

The 100,000 square-foot, two-story Student Recreation Center and Kansas National Guard Armory includes a four-court gymnasium, fitness areas, indoor track, and lounge. The facility also houses the PSU Department of Military Science and the PSU Department of Health, Human Performance and Recreation.

Recreation

When not scheduled for programs or activities, SRC facilities are available for recreational use. Please check the weekly schedule, available at the SRC, for informal recreation opportunities.

Faculty/Staff Free Access

PSU Faculty and Staff are allowed to use the Student Recreation Center (SRC) be sure to bring your Pitt State ID.
 Monday – Friday: 10:00am – 2:00pm
 Friday: 5:00pm - Close
 Saturday & Sunday: During open hours

Locker Rooms

Locker rooms are available for daily use. Those using the locker rooms are encouraged to bring their own towels and locks. The SRC does not provide towels or locks. All locks and items must be removed each evening.

Fitness Equipment

Cardio

- 9 Life Fitness treadmills
- 2 Life Fitness stair steppers
- 4 cross trainers (9 Life Fitness, 5 Precor)
- 2 upper body ergometers
- 16 bikes (8 Upright, 4 Recumbent, 4 Spin)

Strength

- 19 Life Fitness selectorize machines
- 10 Life Fitness resistance machines
- 3 Life Fitness core machines

Free Weights

- Dumbbells (2 x 5-55 lbs. & 1 x 60-100 lbs.)
- 2 Hammer Strength power racks
- 2 Life Fitness cable crossover machines
- Multi-purpose jungle gym

Aquatics

The university pool is open to all current PSU students, faculty/staff, retired faculty/staff and their dependents. No membership required.

Plaster Center

PSU Faculty and Staff are allowed to use the Plaster Center with a valid membership to the SRC.
 Monday – Thursday: 6:30pm – 9:30pm

Group Fitness

We offer a wide range of group fitness classes (FREE for Students/Faculty/Staff) for every fitness level!

Indoor Track

The 156-meter track provides additional exercise.

- 3 lanes
- 1 lap = 1/10 mile

Intramurals

The Intramural Sports Program is designed to provide currently enrolled PSU students, faculty and staff and opportunity for experiential learning through participation in organized activities. You must have a valid membership with the SRC to participate in indoor activities. Outdoor activities do not require a membership.

Gymnasium

The four-court gymnasium is utilized for basketball, volleyball, badminton, and indoor soccer, as well as intramural programs.

Group Fitness Classes

► MONDAY / WEDNESDAY

- 6:30 / MORNING RUSH / GYM C
- 5:00pm / KETTLEBELL KRUSH / GYM C
- 6:00pm / YOGA / AEROBICS ROOM

► TUESDAY / THURSDAY

- 5:00pm / HARD HIITER / GYM C
- FRIDAY
- 6:30am / MORNING RUSH / GYM C

MORNING RUSH: You will be pushed to your limits with this 30-minute cardio, strength, power, and agility workout! Focusing on total body and different workouts every day, you will see results in just a matter of time. There is always room for modification...or to make it more difficult.

HARD HIITER (High Intensity Interval Training):

This unique strength focused high intensity interval training class engages the entire body and will have you pushing harder than you ever thought you could. This class will depend mostly on body weight exercise, however, weighted bars, kettlebells, bands, balls, etc. will be used to take the exercise to the next level.

YOGA: This class focuses on nurturing, strengthening, and aligning the mind, body, and breath through hatha yoga. Each class will include mindful breathing and a short meditation to get your mind right as you go into the world.

KETTLEBELL KRUSH: Using multi-joint and multi-muscle exercises to increase strength, cardio, endurance, and flexibility to burn fat and calories. This is a low intense, low impact class that can be modified to be either more difficult or easier depending on the person!

Intramural Schedule

Fall 2018

Activity	Entry Deadline
Sand Volleyball League	Aug.29
Indoor Soccer Tourn.	Aug. 29
College Pick'em	Aug. 31
NFL Pigskin Pick'em	Sept. 5
3 v 3 Basketball Tourn.	Sept. 5
Kickball Tourn.	Sept. 5
Flag Football League	Sept. 12
Softball League	Sept. 19
Table Tennis Tourn.	Oct. 10
Co-Rec Basketball League	Oct. 17
Field Goal Kicking	TBA
Indoor Volleyball League	Oct. 17
Preholiday 5 on 5	
Basketball Tourn.	Nov. 28
College Bowl Pick'em	TBA

Weede Swimming Pool

Aquatic Classes

- **MONDAY / WEDNESDAY**
 - 5:00pm-5:30pm
 - Not Your Parents Water Aerobics Class
- **TUESDAY / THURSDAY**
 - 5:00pm-5:30pm
 - Water Aerobics
- **MONDAY-FRIDAY**
 - 3pm-4pm
 - Aqua-Jogging
- **WATER POLO WEDNESDAYS**
 - 5:45pm-7:00pm
- **AQUA-PHOBIA**
 - Contact Aquatics Coordinator for times

NOT YOUR PARENTS WATER AEROBICS CLASS:

A deep water exercise class that aims to get participants to break a sweat. Aqua-belts are available for free use and are encouraged.

WATER AEROBICS: This class builds upon traditional water aerobics. The routine changes with every class to keep the participant actively involved.

AQUA-JOGGIN': *NEW* Aqua-Jog with a group and maybe make a new friend during this class. Aqua-Jogging is a high intensity low impact activity. You can always aqua-jog anytime the pool is open.

WATER POLO WEDNESDAYS: *NEW* Come to the pool Wednesday evenings for a fun game of Water Polo. Must sign up through IM Leagues. Contact the Aquatics Coordinator to be assigned to a team if needed.

AQUA-PHOBIA: *NEW* Around 60% of all Americans have some fear of the water. This class meets weekly when the pool is closed to the public. The goal of the class is the get participants comfortable moving around in the water. This is a different approach to traditional adult swim lessons.

Swim Lessons

By Appointment Only