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
Monday-Thursday.................6:15am-7:30am
Monday-Friday......................12:00pm-7:30pm
Saturday -Sunday.......................................Closed

Pool Hours
Monday-Thursday........6:15am-7:30am
Monday-Friday........12:00pm-7:30pm
Saturday -Sunday........12pm-10pm

PSU students are allowed to use the Student Recreation 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.

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.

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

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

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Faculty/Staff

Free Access
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Friday: 5:00pm - Close
Saturday & Sunday: During open hours

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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)
• 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.
Group Fitness Classes

**Group Fitness Classes Schedule**

- MONDAY: HIIT FIT 5:00-6:00pm, Gym C
  Yoga 6:00pm-7:00pm, Aerobics Room
- TUESDAY: Burn30 5:00-6:00pm, Gym C
- WEDNESDAY: Zumba 5:00pm-6:00pm, Gym C
  Yoga 6:00pm-7:00pm, Aerobics Room
- THURSDAY: Burn30 5:00-6:00pm, Gym C

**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.

**HIIT FIT:** This unique strength focused high-intensity 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 exercises; however, weighted bars, kettlebells, band, balls, etc. will be used to take the exercise to the next level.

**Zumba:** This non-stop party will make you sweat while having a blast! All ages, skill levels, shapes and sizes are welcome – this is YOUR workout! All moves can be modified as needed.

Download the Pitt State Campus Rec App to register for all of our group fitness, intramurals, and swim lessons.

**Swim Lessons**

For swim lessons information please contact Nathan Brungardt at 620.235.4914 or nbrungardt@pittstate.edu

**Weede Swimming Pool**

- **Monday - Thursday (Morning):** 6:15am - 7:30am
- **Monday - Friday (Day Time):** 12pm - 7:30pm
- **Saturday - Sunday:** Closed

**Swimming Fitness Classes**

**Water Aerobics:** On Mondays and Wednesdays from 5-5:45pm, this class is low impact on the joints, but has a high impact on getting you moving. Grab a friend and join us at the pool! The class is held in the shallow end of the pool.

**Deep Water Aerobics:** On Tuesdays and Thursdays from 5-5:45pm, this class will engage muscles in the arms, legs, and abdomen through a series of movements in deep water. This class is low impact on the joints, while having a high impact on overall health.

**Intramural Schedule Spring 2020**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Entry Deadline</th>
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<tbody>
<tr>
<td>Basketball League</td>
<td>Jan. 23rd</td>
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<tr>
<td>Badminton Tourn</td>
<td>Feb. 12th</td>
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<tr>
<td>Pickleball Tourn</td>
<td>Feb. 12th</td>
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<tr>
<td>Team Handball Tourn</td>
<td>Feb. 19th</td>
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<tr>
<td>Indoor Volleyball League</td>
<td>Feb. 26th</td>
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<tr>
<td>5 vs 5 Flag Football Tourn</td>
<td>Mar. 4th</td>
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<tr>
<td>March Madness</td>
<td>Mar. 18th</td>
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<tr>
<td>7 vs 7 Soccer Tourn</td>
<td>Mar. 20th</td>
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<tr>
<td>Dodgeball Tourn</td>
<td>Mar. 29th</td>
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<tr>
<td>Racquetball Tourn</td>
<td>Apr. 1st</td>
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<tr>
<td>Sand Volleyball Tourn</td>
<td>Apr. 8th</td>
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<tr>
<td>Cornhole Tourn</td>
<td>Apr. 12th</td>
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<tr>
<td>Softball Tournament</td>
<td>Apr. 15th</td>
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<td>Wallyball Tourn</td>
<td>Apr. 29th</td>
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<tr>
<td>Sand Volleyball Tourn</td>
<td>Mar. 31st</td>
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<td>XBOX One Fifa Tourn</td>
<td>Apr. 7th</td>
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<td>XBOX One NBA Tourn</td>
<td>Apr. 14th</td>
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<td>XBOX One Madden Tourn</td>
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