



PITTSBURG STATE CAMPUS RECREATION

INTRAMURAL SPORTS - GROUP FITNESS - PERSONAL TRAINING - CLUB SPORTS

Campus Recreation Contacts

Welcome Center.....(620) 235-6565
Competative Sports.....(620) 235-4955
Personal Training.....(620) 235-4981
Group Fitness.....(620) 235-4673
Facility Support.....(620) 235-4983

SRC Hours

Fall & Spring Semesters

Monday-Thursday6am-10pm
Friday.....6am-9pm
Saturday.....11am-6pm
Sunday.....2pm-10pm

Membership

PSU students, faculty and staff are allowed to use the Student Rec Center (SRC) upon presentation of their valid PSU ID or scan of QR code via Pitt State App. Faculty and staff spouses, retired staff and their spouses may purchase SRC member-ships, 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.

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.

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.

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.

Gymnasium

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

Fitness Equipment

- 9 Life Fitness treadmills
- 2 Life Fitness power mill stair steppers
- 14 cross trainers (9 Life Fitness, 5 Precor)
- 2 upper body ergometers
- 16 bikes (8 Upright, 4 Recumbent, 4 Spin) Strength
- 18 Life Fitness selectorize machines
- 10 Life Fitness resistance machines
- 3 Life Fitness core machines Free Weights
- Dumbbell sets(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

Indoor Track

The 156-meter track provides additional exercise.

- 3 lanes
- 1 lap = 1/10 mile

Plaster Center

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

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.

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.

Group Fitness

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

Club Sports

Club Sports provide a level of competition between Intramural Sports and Varsity Athletics, and the program is housed and supported by the Department of Campus Recreation.

Intramural Sports

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.

Group Fitness Classes

Power Hour: A non-impact strength training class that features weight-based exercises to target major muscle groups. Light weight with high repetitions will create strong lean muscles and a toned physique. Sessions are set to fast paced upbeat music that's sure to keep you motivated.

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.

Adult P.E.: Adult P. E. is an hour-long program designed to bring the gym class staples back into play. Every week will be a new session with classic games, skill lessons, and fun movements. Come play and workout without thinking about it.

And More...



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



Download the Pitt State App for QR code to scan into the SRC

Personal Training

What we offer

Body Composition Tests
Fitness Assessment
One-on-One Training
Small Group Training
4 & 8 Week Training Plans

Club Sports

Current Clubs

Club Baseball
Club Softball
Womens Club Volleyball
Mens Club Rugby
Womens Club Rugby
Club Golf
Mens Club Soccer

**If you would like to start a new club,
please contact Steven Lilly
at: slilly@pittstate.edu**

Intramural Sports Offered

Basketball League
Badminton Tourn
Pickleball Tourn
Team Handball Tourn
Indoor Volleyball League
5 vs 5 Flag Football Tourn
March Madness
7 vs 7 Soccer Tourn
Dodgeball Tourn
Racquetball Tourn
Sand Volleyball Tourn
Cornhole
Wiffleball
Golf
Softball Tournament
Wallyball Tourn
And More...