



PITTSBURG STATE CAMPUS RECREATION

INTRAMURAL SPORTS - GROUP FITNESS - PERSONAL TRAINING - AQUATICS - CLUB SPORTS

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
Saturday -Sunday.....Closed

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 • TUESDAY / THURSDAY
- 5:00pm / Body Blast / Gym C • 5:00pm / KB Krush / Gym C
- 6:00pm / Yoga / Aerobics Room
- Saturday
- 9:15am / Rotating Classes / Gym C
- Check on IMLeagues to see dates and classes

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

Body Blast: A full body blast that uses dumbbells, kettlebells, and body weight to reach your fitness goals!

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.

Butts & Guts: Expect a butt whooping! This class revs up the glutes and whittles the waist with a mix of resistance bands, free weights, and a step platform to provide stabilizing moves and balance work.

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.

Next Level Insanity: A full body workout that involves zero equipment. This class utilizes interval training to sculpt the body and build your cardio!

Group Fitness Classes Continued

WOD: The Workout Of the Day is a functional movement inspired class that utilizes kettlebells, dumbbells, and medicine balls to put you through a full body workout!

Saturday Relays: A great way to start Saturday! Bring a buddy to compete with or against in a group relay! This class will use kettlebells, dumbbells, and medicine balls as “obstacles” to get down the court and back.

Power Plyo: Power your way into the weekend with this fun, intense, explosive class! Using kettlebells, dumbbells, battle ropes, and bodyweight you feel the power you forgot you had!

Step It Up: An up-beat class that uses music and rhythm to keep you going. No matter if you are a new stepper or an experience one this class is right for you!

Total Tabata: This class uses an interval system pushing you to get the most out of your workout under a specific time. Expect to use battle ropes, dumbbells, and your own body weight to rock through this intense workout!



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

Intramural Schedule Fall 2019

Activity	Entry Deadline
Sand Volleyball League	Aug. 28th
College Pick'em	Aug. 31st
3 vs 3 Basketball Tourn	Sept. 4th
NFL Pig Skin Pick'em	Sept. 5th
Softball League	Sept. 11th
Flag Football League	Sept. 18th
Field Goal Kicking	Oct. 16th
Indoor Soccer Tourn	Oct. 16th
Table Tennis Tourn	Oct. 16th
Indoor Volleyball League	Oct. 23rd
Co-Rec Basketball League	Oct. 23rd
XBOX One Madden Tourn	Nov. 7th
Pre-Holiday Basketball Tourn	Nov. 23rd
XBOX One Fifa Tourn	Nov. 26th
XBOX One NBA Tourn	Nov. 28th
College Bowl Pick'em	Dec. 13th

Weede Swimming Pool

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

Swim Lessons

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