



# Something for EveryBody

WEST CHESTER UNIVERSITY | CAMPUS RECREATION | SPRING 2019



Something for EveryBody

AT WEST CHESTER UNIVERSITY, **CAMPUS RECREATION** IS THE PRIMARY DESTINATION FOR THE **GOLDEN RAM** CAMPUS COMMUNITY TO ENGAGE IN RECREATION, SOCIAL, AND WELLNESS-ORIENTATED PROGRAMS AND SERVICES. **BLENDING** COMPONENTS OF FITNESS AND WELL-BEING WITH THE CO-CURRICULAR EDUCATIONAL EXPERIENCE. IT IS OUR MISSION TO ASSIST EACH PERSON IN EXCEEDING ACADEMIC GOALS WHILE ESTABLISHING HEALTHY LIFETIME BEHAVIORS. **WHILE AT WCU**, WE ENCOURAGE YOU TO TREAT YOURSELF AND ALLOW YOUR MIND, BODY, AND SOUL TO ENGAGE IN SOME DAILY **PLAY** TIME; YOU'VE EARNED IT!

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## DEPARTMENT STAFF

**ERIC MAKI**, *Director of Campus Recreation*  
[emaki@wcupa.edu](mailto:emaki@wcupa.edu) | (610) 436-2133

- Responsible for creation, prioritization and administration of operational and capital budget
- Responsible for coordination of indoor and outdoor facility enhancement and construction projects
- Provide leadership and support to all department full-time professional staff

**MICHAEL RENO**, *Assistant Director of Sport Clubs*  
[mreno@wcupa.edu](mailto:mreno@wcupa.edu) | (610) 436-6928

- Responsible for the administration of the club sport program
- Responsible for development and implementation of risk management protocols for club sports
- Responsible for the scheduling and coordination of facility rentals

**DAN COMAS**, *Assistant Director of Intramural Sports*  
[dcomas@wcupa.edu](mailto:dcomas@wcupa.edu) | (610) 436-2277

- Coordinates all intramural sports leagues and tournaments
- Administrator of IMleagues.com
- Fills all Recreation Equipment Rental Requests

**STEVEN SASSAMAN**, *Assistant Director of Outdoor Adventure Pursuits*

[ssassaman@wcupa.edu](mailto:ssassaman@wcupa.edu) | (610) 436-2100

- Manage the operations of the Climbing wall including staff training, maintenance, and development of educational programs
- Coordinate the training and development of our student Trip Guides who conduct outdoor excursions throughout the semester
- Oversee the operations of the Outdoor Resource Center

- Assist campus community with providing experiential leadership development programs.

**BRYNN CROGNALE**, *Assistant Director of Fitness Programs and Facility Management*

[bcrognale@wcupa.edu](mailto:bcrognale@wcupa.edu) | (610) 436-2563

- Oversees all areas of fitness programs and staff
- Manages all areas of the facility and student staff
- Coordinates with health science department to provide professional work experience for students

**Secretary of Campus Recreation**, TBA

- New employment and payroll
- Professional staff support
- Compile, prepare and maintain records for the department

**NICO GALVIS**, *Graduate Assistant Club Sports*  
[sportclubs@wcupa.edu](mailto:sportclubs@wcupa.edu) | (610) 436-2065

**DEMETRIUS ISAAC**, *Graduate Assistant Intramural Sports*  
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[outdoorpursuits@wcupa.edu](mailto:outdoorpursuits@wcupa.edu) | (610) 436-4688

**ASHLEY OOSTVEEN**, *Graduate Assistant Fitness Programs*  
[srcfitness@wcupa.edu](mailto:srcfitness@wcupa.edu) | (610) 436-2062

**KATIE ELLIOTT**, *Graduate Assistant Facilities*  
[srcfacility@wcupa.edu](mailto:srcfacility@wcupa.edu) | (610) 436-4688

**ALEXA TOPAKAS**, *Graduate Assistant Lifestyle Nutrition*  
[srclifestyle@wcupa.edu](mailto:srclifestyle@wcupa.edu)

# > FACILITIES

- 69,000 square foot facility
- 13,000 square feet of cardiovascular and strength floor area
- Over 65 pieces of name brand cardiovascular equipment
- Over 115 pieces of strength equipment including the Life Fitness Synergy 360
- 1/10 mile jogging track
- “Juiced-up” operated by Aramark serving delicious fruit smoothies and other healthy grab and go snacks perfect for the busy and health conscious student or professional!
- Men’s and women’s locker rooms with over 75 lockers (member must provide OWN lock)
- State-of-the-art 34-foot tall climbing wall
- Athletic Training Suite (coming soon)
- Nutrition and Fitness Educational Suite (coming soon)
- Administrative office suite with conference room
- 2 hardwood basketball courts
- 1 multi-activity court (MAC) including indoor soccer
- 2 outdoor basketball courts
- 1 outdoor sand volleyball court



## > FACILITIES SERVICES

To reserve any space in the Student Recreation Center, please email your request to: [srrequests@wcupa.edu](mailto:srrequests@wcupa.edu)

**OUR KNOWLEDGEABLE STAFF RECOMMENDS AND SUPPORTS LIFESTYLE CHANGES THROUGH EVALUATION, EDUCATION AND A VARIETY OF TOOLS TO HELP MOTIVATE INDIVIDUALS.**

## > NEW USER ORIENTATION

Learn proper form and how to use cardiovascular and strength machines on the fitness floor. Led by our experienced Recreation Attendants, the new user orientation offers hands-on participation and fitness resources to those wishing to learn how to safely use the equipment. Orientations are a drop-in process, so stop by the WCU Student Recreation Center second and third floor desks and let a Recreation Attendant assist you!

## > GENERAL POLICIES

All use equipment at their own risk.

Appropriate attire is required. Entire facility dress code is on our web site.

- A t-shirt/shirt is required to be worn in the recreation center.
- Valid WCU ID required.

Proper use of equipment is required. Improper use includes but is not limited to:

- Be courteous to others and wipe-down all equipment with a disinfectant wipe when finished.
- Personal trainers and/or instructors, whether being compensated or not, who are not WCU employees are prohibited.
- WCU has the right to limit or prohibit exercises/activities performed by patrons that are seen as hazardous or high risk to themselves or others.

## SPRING SEMESTER HOURS OF OPERATION

### STUDENT RECREATION CENTER

Monday – Thursday:	6:00 AM - 12:00 AM
Friday:	6:00 AM - 11:00 PM
Saturday:	10:00 AM - 11:00 PM
Sunday:	11:00 AM - 12:00 AM

### CLIMBING WALL

MWF:	3:00 PM - 9:00 PM
Tuesday, Thursday:	3:30 PM - 9:30 PM
Saturday:	CLOSED
Sunday:	4:00 PM - 8:00 PM

### REC SWIM

#### NORTH CAMPUS

Monday – Friday:	1:30 PM - 3:00 PM
Monday – Thursday:	8:30 PM - 10:30 PM
Saturday:	1:00 PM - 3:00 PM

#### SOUTH CAMPUS

Mon, Wed, Fri:	12:00 PM - 1:00 PM
Sunday:	1:00 PM - 3:00 PM

Please refer to the website for closures, holiday hours, changes to schedule.

**NEED A SPOT?**  
 HAVING TROUBLE  
 WITH YOUR LAST SET?  
 ASK A RECREATION  
 ATTENDANT  
 TO HELP SPOT YOU!



## WHAT IS GROUP FITNESS?

Group Fitness classes range from Les Mills BodyPUMP to Zumba and everything in between! All classes are taught by nationally certified instructors who are current WCU students and members of the WCU community. We take tremendous pride in our group fitness classes and encourage all levels of experience to attend!

## SMALL GROUP TRAINING

Small Group Training is a blend of group fitness and personal training. Each session will have their own personal “coach,” to inspire, focus of form, and safety in helping each participant reach their fitness goals! Every coach is certified for each specific mode of exercise, bringing a high-level of expertise and passion. Each small group training program varies. Please stay tuned for the most up to date information on our website.

**GRIT-** \$30 per session

**Boot Camp Summer Series-** \$25 per session

**GRIT Series** (30 minute HIIT Cardio, Plyo, and Strength)

**Preview Weeks** — During *these two weeks only* all GRIT classes are offered during the Spring 2018 scheduled times for FREE (no registration required).

**Registration** — Registration for the SGT programs opens Monday (01/22 & 03/19) of each preview week, and close Friday (01/26 & 03/23) at 12pm of each preview week.

**GRIT Launch** for each session is held on the SRC basketball courts

## FITNESS TERMS

**GRIT:** Les Mills GRIT 30-minute classes rotate through a schedule of Cardio—designed to burn fat and rapidly improve athletic capability by the use of high impact

body weight exercises, Plyo-power agility training on a bench that will build a powerful, agile, athletic body and increase speed, and Strength-build strength and tone lean muscle plus boost your metabolism with the use of plates and barbells.

**Piyo:** Piyo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout.

**Barre:** A fun and empowering class set to today’s hottest music. The ballet barre is used to sculpt the lower body, abs and for flexibility.

**Cycle & Tone:** A cardio and strength training class based on a variety of resistance and sprint sets on bicycles. Learn combinations of climbs, jumps, and sprints to get your heart rate soaring!

**BODYPUMP™:** is the original barbell class that strengthens your entire body. This workout challenges all your major muscle groups. Burn up to 530 calories per class!

**Zumba®:** a Latin-Inspired, dance-fitness class that incorporates Latin and international music and dance movements! (no experience required 😊) Burn up to 500-800 calories!

**Yoga:** This class is ideal for anyone interested in building strength, increasing flexibility, and finding focus. Combines the energy and movement of Yoga with the core stabilizing and regenerative dynamics of Pilates. - Moderately paced

**Tabata Bootcamp:** A comprehensive total body workout that focuses on lower body, upper body, and core providing both cardio and strength. A 45-minute workout, with short intervals based on Tabata Bootcamp’s training that delivers a calorie-drenching workout and post-metabolic boost. Tabata Bootcamp’s motto is “Quality, not quantity”.



## LIFESTYLE NUTRITION

Twitter: @nutritionwcu

Instagram: lifestylenutritionwcu

### What we offer:

- Nutrition Counseling: provided by senior level nutrition students
- Nutrition Education Presentations: topics varying

### What we've done:

- **What the Health** Presentation: Discussion on different diets and the trend of Veganism
- Collaboration with Nutrition Department Curriculum to let the students work with real people
- Presented at a Wellness Fair for Quintiles IMS

### What to Look for!

- Small Group Training and Nutrition Counseling Collaboration
- Cooking Demonstrations

### Important Dates:

**Martin Luther King, Jr. Day-** January 21<sup>st</sup>, **NO CLASSES**

**Spring Break-** March 10-17<sup>th</sup>, **NO CLASSES**

**Finals Week:** a modified schedule will be posted

\*\*Subject to change, please visit [https://www.wcupa.edu/\\_services/CampusRec/groupFitnessSchedule](https://www.wcupa.edu/_services/CampusRec/groupFitnessSchedule) for updates.

<b>KEY:</b>
A = Room 020
B = Room 024
C = Room 105
Student Recreation Center

Time	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:15-7:15am		Yoga- B Maddie	BODYPUMP- B Ashley	Yoga- B Maddie		BODYPUMP/ Yoga Fusion- B Ashley & Maddie
6:15-7:00am			Cycle- C Tracy		Cycle- C Tracy	
7:00-7:45am		Cycle- C Lauren		Cycle- C Lauren		
8:00-8:45am			Tabata-A Nicole			
8:00-9:00am			Barre- B Jade		Barre- B Jade	
9:00-10:00am		Yoga-A Tiffany K.	Yoga- A Ruby	Yoga-A Tiffany K.	Yoga- A Ruby	Yoga- A Tiffany K.
11:15am-12:00pm			Barre- B Jessica		Barre- B Jessica	
12:00-1:00pm	Barre- B Jade					
12:15-1:15pm		Yoga- B Caroline		Yoga- B Abby		
1:00-2:00pm		Cycle & Tone- C Veronica	BODYPUMP- B Melanie	Cycle & Tone- C Veronica	BODYPUMP- B Melanie	
1:00-1:30pm			Cycle Express- C Veronica		Cycle Express- C Veronica	
4:00-5:00pm		Zumba- B Brittany		Zumba- B Brittany		
5:00-5:45pm		Barre-A Lindsay		Barre-A Lindsay		
5:00-6:00pm	Zumba- B Brittany		Zumba- B Tiffany G.		Zumba- B Tiffany G.	
5:15-6:15pm		BODYPUMP- B Brynn		BODYPUMP- B Lauren		
6:00-7:00pm		Yoga-A Abby	Barre- A Cara	Yoga-A Caroline	Barre- A Cara	
6:15-7:15pm			BODYPUMP- B Renee		BODYPUMP- B Renee	
6:30-7:00pm		Grit-B Nicole		Grit-B Nicole		
7:30-8:30pm			Zumba- B Rebecca		Zumba- B Rebecca	



# INTRAMURAL SPORTS

“ It’s not whether you **WIN** or **LOSE**, it’s  
how you **PLAY THE GAME.**”

– Grantland Rice





Intramurals at West Chester University are designed to provide a flexible and structured environment for all students to participate. Sports are offered in both league and one day tournament formats. Interested individuals and teams must register by the entry deadlines listed below.

League Offerings	Registration Period	Starts	Cost
5v5 Basketball	11/5-12/5	1/27	\$25
4v4 Volleyball	11/5-12/5	1/28	\$15
Floor Hockey	2/18-3/5	3/25	\$15
Dodgeball	2/18-3/5	3/25	\$15
Outdoor Soccer	2/18-3/5	3/25	\$25
Softball	2/18-3/5	3/25	\$25

Special Event Offerings	Registration Period	Date	Cost
Racquetball	1/22-2/5	2/5	\$5
Basketball 3 Point Shooting Contest	1/22-2/12	2/13	Free
Basketball All-Star Games	1/22-2/12	2/13	Free
Slam Dunk Contest	1/22-2/12	2/13	Free
Table Tennis	2/4-2/18	2/18	\$5
NCAA March Madness Bracket Challenge	3/18-3/20	3/20	Free
3 on 3 Wheelchair Basketball	3/18-4/2	4/3	Free
Handball	3/25-4/10	4/10	\$5
Spikeball	4/4-4/17	4/17	\$5
Kan Jam	4/8-4/23	4/23	\$5
Home Run Derby	4/15-5/1	5/1	\$5
Cornhole	4/22-5/2	5/2	\$5

To register, visit [imleagues.com/wcupa.edu](http://imleagues.com/wcupa.edu)

For more information or to inquire about future events, contact [dcomas@wcupa.edu](mailto:dcomas@wcupa.edu) or follow us on Twitter @WCUIntramurals

## SPORT CLUBS

The Sport Clubs program consists of competitive, instructional, and recreational clubs in nature that are unique in the very fact that they are initiated, organized, managed, and funded by students. Through this format, participating students have the opportunity to acquire skills such as leadership, organization, management, and fiscal responsibility. Sport clubs compete on a regional and national level and offer an opportunity for students to continue their athletic careers after high school.

The WCU Sports Club Council (SCC) was established in 1992 in order to have all clubs come together as a unified body and demonstrate their willingness to be recognized and registered in our WCU Student Government Association (SGA). It was designed with the sole purpose to promote mentoring, advisement, and student engagement. The Sport Clubs program at West Chester University strives to encourage participation, socialization, and competition of student organized sport clubs. Value added experiences enhance physical fitness and foster a spirit of competition.



# Competition TEAMWORK

SPORT CLUB	PRESIDENT	EMAIL
Bowling	Jennifer Kersey	JK851976@wcupa.edu
Climbing	Ruby Rhoad	RR845006@wcupa.edu
Crossfit	Anthony Colasurdo	AC869856@wcupa.edu
Dance	Erika Brechka	EB877453@wcupa.edu
Equestrian	Ariana Cunningham	AC844038@wcupa.edu
Fencing	Graham Draper	GD861543@wcupa.edu
Field Hockey	Mackenzie Grogan	MG855895@wcupa.edu
Fishing	Ryan Gilmore	RG864391@wcupa.edu
Judo	Stephen Andrewlavage	SA873801@wcupa.edu
Kronum	Corey Hansen	CH850863@wcupa.edu
Men's Ice Hockey D1	Colby Fiel	CF898505@wcupa.edu
Men's Ice Hockey D2	Eric Schwass	ES879417@wcupa.edu
Men's Lacrosse	Sam Guittare	SG865313@wcupa.edu
Men's Rugby	Hunter Smith	HS846131@wcupa.edu

SPORT CLUB	PRESIDENT	EMAIL
Men's Soccer	Billy Gorman	WG865742@wcupa.edu
Men's Ultimate	Calvin Green	CG853722@wcupa.edu
Men's Volleyball	Logan Sklut	LS846159@wcupa.edu
Men's Water Polo	Jason Doyle	JD862907@wcupa.edu
Quidditch	Conor Hoffman	CH869967@wcupa.edu
Roller Hockey	Derek Hoffman	DH848816@wcupa.edu
Swim	Chris DiGuissepe	CD867032@wcupa.edu
Women's Ice Hockey	Ellen McCauley	EM853264@wcupa.edu
Women's Lacrosse	Nicolette Boyd	NB844076@wcupa.edu
Women's Soccer	Jessica Marcus	JM844229@wcupa.edu
Women's Ultimate	Kristen Henry	KH859759@wcupa.edu
Women's Volleyball	Dana Keir	DK844820@wcupa.edu
Women's Water Polo	Maddie McDevitt	MM849313@wcupa.edu
Wrestling	Cameron Dewey	CD856356@wcupa.edu

# OUTDOOR ADVENTURE PURSUITS

THINK YOU CAN CLIMB A MILE? EARN BRAGGING RIGHTS AND A SWEET TEE BY COMPLETING OUR MILE HIGH CHALLENGE. TALK TO A STAFF MEMBER FOR DETAILS.

## CLIMBING WALL HOURS

MWF: 3:00 PM- 9:00 PM

Tuesday, Thursday: 3:30 PM- 9:30 PM

Saturday: CLOSED

Sunday: 4:00 PM- 8:00 PM



## CLIMBING PROGRAMS

### ***BOULDERING BASICS (\$10)***

This two hour small group session will cover the basics of body movement, proper spotting and pad placement, and training techniques to become a stronger climber! This is a small group session with a nationally accredited Climbing Wall Instructor offering lots of personal attention.

### ***CLIMBING FUNDAMENTALS (FREE)***

Get started off right with this two hour session focused on basic body movement, climbing equipment, and belaying technique. This is a small group session with one of trained Instructors offering lots of personal attention.

### ***ADVANCED CLIMBING TECHNIQUES (\$10)***

Struggling to conquer that 5.10? This two hour session will focus on advanced climbing techniques such as crack climbing, flagging, and laybacks. This is a small group session with a nationally accredited Climbing Wall Instructor offering lots of personal attention.

### ***LEAD CLIMBING (\$20)***

This two part class (4 total hours) will cover the fundamentals of lead climbing including lead climbing techniques, lead belaying, rope management, and equipment used. Must be WCU belay certified and demonstrate ability to climb a 5.9 proficiently to participate. This is a small group session with a nationally accredited Climbing Wall Instructor offering lots of personal attention.

### ***PRIVATE CLIMBING LESSON (\$20)***

Looking for some personalized instruction? Hire one of our nationally accredited Climbing Wall Instructors to spend two hours of focused climbing assessment and skill development.

## OUTDOOR ADVENTURE PURSUITS

**Ice Climbing (Intermediate)** - Saturday, February 9th - Sunday, February 10th

\$30 Students and Members | \$50 Faculty and Staff

Join us on our most popular trip! Learn how to climb walls of ice with the help of professional guides on this overnight trip. Stay in a hostel, cook food, and play games the night before and prepare for an all day climb.

Registration closes 10:00 am Wednesday, February 6th, limited spots.

**Sunrise Backpacking Trip (Intermediate)** - Saturday, March 2nd - Sunday, March 3rd

\$10 Students and Members | \$20 Faculty and Staff

Join the Outdoor Adventure Pursuits on a overnight backpacking trip as we hike up a mountain to greet the sun. Come learn to backpack, hike, and camp or come to enjoy the views, either way we will see you up on the mountain.

Registration closes 10:00 am Wednesday, February 27th, limited spots.

**Waterfall Hike (Beginner)** - Saturday, March 30th - \$10 Students and Members | \$20 Faculty and Staff

Enjoy the coming of spring and the melting of snow with a hike on a waterfall filled trail. Join us and partake in gorgeous views and breathtaking waterfalls on this day hike.

Registration closes 10:00 am Wednesday, March 26th, limited spots.

## RENTAL EQUIPMENT PRICES

ITEM	Day	Weekend (2-3 days)	Week (4 - 7 days)
2-Person Tent	\$4	\$8	\$10
Sleeping Pad	\$2	\$4	\$6
Sleeping Bag	\$5	\$10	\$12
60L Backpack	\$8	\$10	\$15
Backpacking Stove	\$8	\$14	\$18
Propane Stove	\$4	\$8	\$12
Cooking Set	\$5	\$8	\$10
Headlamps	\$2	\$4	\$6

**Rock Climbing (Beginner)** - Saturday, April 6th - \$10 Students and Members | \$20 Faculty and Staff

Join our experienced climbers as they teach you the ins and outs of outdoor rock climbing. Learn to belay (using ropes to support climbers), climb, and have fun on rocks on this day trip.

Registration closes 10:00 am Wednesday, April 3rd

**Preserve and Paddle (Beginner)** - Saturday, April 13th - FREE

Play on kayaks and paddleboards while we help clean state park waters. Join us as we help keep our world clean and have some fun in the warming waters.

Registration closes 10:00 am Wednesday, April 10th, limited spots.

**Outdoor Indoor Festival** - Monday, February 4th from 11:00am - 1:00pm - FREE

Join us in Sykes Ballroom A for our new annual festival. Keep warm with hot cocoa and snacks, play games and win prizes, and check out our newest outdoor gear. So come learn about the great outdoors with all the comfort of inside! **FREE FOR ALL STUDENTS!**

### Trip Ratings:

*Beginner* - Introductory trip with no previous experience required. Easy to moderate physical activity.

*Intermediate* - Previous experience recommended, but not required. Moderate physical activity.

*Advanced* - Previous experience with working knowledge required. Moderate to strenuous physical activity.





*“Campus Recreation at West Chester University is an unparalleled option for inclusivity on campus. No matter where your interests may lie, there is always an opportunity for you to get more involved, practice a skill in more depth, or just have a great time with your friends while exercising your mind and body. I have always enjoyed taking part in the group fitness classes as well as using the facility’s incredible exercise features, yet my specific area of interest falls in sport clubs. Being the largest student run organization on campus, there are many ways to not only practice your abilities in one of the 29 competitive sports, but ways to take on leadership roles and make relationships that last a lifetime.”*

– Lindsay McKenna '19





**NAME:** Ruby Rhoad

**POSITION:** Yoga Instructor, Climbing Wall Instructor, and Climbing Wall Setter

**COLLEGE AND MAJOR:** College of Business and Public Management, Business Management Major, Minor in Business Geographic Information Systems, and a Minor in Dance

**FAVORITE PART OF WORKING AT SRC:** *As an instructor I love to see new faces come to my classes. It takes a lot to make the leap and try something new and out of the ordinary like yoga and/or rock climbing. For students like me, to take the time out of their day, and participate in my classes, puts a smile on my face. I love getting feedback so I can tailor the class to those particular students. Each class is a different adventure!*

**ULTIMATE CAREER GOAL:** *My ultimate goals is to apply my degree of business management to my hobbies, yoga and rock climbing. In the future, I will create a gym that offers yoga classes geared toward climbers to the general public. Rock climbing and yoga are up and coming in today's society all over the US and I want to find a way to fuse them together.*

## EMPLOYMENT OPPORTUNITIES:

Would you like to join our team? Attend the Campus Recreation **recruitment session on Tuesday, March 26, 2019, 6:30 pm-7:30 pm** and **Wednesday, March 27, 2019, 6:30 pm-7:30 pm; location TBD** to learn about the many outstanding employment opportunities we provide including:

- ✓ Climbing Wall Attendant
- ✓ Intramural Official
- ✓ Outdoor Resource Center staff
- ✓ Recreation Attendant
- ✓ To receive an application and to be considered for employment all students must attend this MANDATORY, educational session.



# Employee Spotlight

## MEMBERSHIP

The Ball Is In Your Court:

If you're a West Chester University enrolled student you are already a member. Just show-up, present your Ram ID and come get your fitness groove on!

Not a student? Don't worry, as long as you are one of the following you can join, too.

- WCU faculty, staff, adjunct faculty or lecturer
- A current member of the West Chester University Alumni Association
- An employee of a university affiliate

Membership has its benefits:

- Access to over 35 weekly, high-quality Group Fitness classes
- Opportunity to learn, practice and climb our 34 ft. tall climbing wall
- Membership pricing on special events, Outdoor Adventure Pursuit trips, programs, or services including Small Group Training (GRIT)
- Two complimentary guests per semester
- Ability to check-out or rent Campus Recreation equipment including basketballs, volleyballs, rock-climbing shoes, boxing gloves, resistance straps, and outdoor equipment



## RATES

**Continuous membership**..... \$330  
payroll deduction only

*(365 days from date of purchase)*

**6-months membership**

**July – December** ..... \$180

**January – June** ..... \$180

**1-month/30 day membership**..... \$35

**1-day membership** *(good all day)* .....\$7

*All memberships must be made on-line at:*

*<https://www.wcupa.edu/services/campusRec/forms/membership>*

*Credit card or payroll deduction  
(annual membership only) only*





## STUDENT RECREATION CENTER — FITNESS RE-IMAGINED

The West Chester University Student Recreation Center (SRC) opened in August, 2012. The work contributed by the Student Government Association, former VP-Student Affairs, Diane DeVestern, former Director of Campus Recreation Dr. Steven Gambino, and many others helped to establish this outstanding facility and gain ground on providing the entire Golden Ram campus community the opportunity to establish healthy life-time habits and a culture of wellness. However in the six years since the SRC opened fitness trends have changed as have the needs and wants of our student members. It is in that spirit in which Campus Recreation began working with internal facility colleagues, equipment vendors, and architects to determine how best we could meet and exceed the expectations of the modern student. To that end we happily share with you the Student Recreation Center and fitness re-imagined!

### ➤ **SECOND FLOOR:**

#### **DESTINATION; FUNCTIONAL FITNESS:**

#### **LOOKING TO GET YOUR HIGH INTENSITY INTERVAL TRAINING (HIIT) APPETITE SATISFIED? LOOK NO FURTHER THAN THE FUNCTIONAL FITNESS ZONE!**

- A 20-yard Golden Ram branded turf ideal for team and partner training with tire-flips, weighted sand bags, and sled-push exercises
- A 15 ft. high HIIT-wall perfect for core and shoulder work
- An expanded Life Fitness Synergy 360 complete with TRX mounts, monkey bars, step-up, battle ropes, and many more features
- Plyometric box jumps and agility ladders
- Kettle bells, light weight dumbbells, Swiss balls, medicine balls, chin/dip chair, and other core/Ab fitness equipment
- Modified rig system perfect for squats and deadlifts
- Life Fitness cable cross-over machine perfect for an all-body work-out

#### **RAM HORN; EQUIPMENT DISTRIBUTION — ALL THE EQUIPMENT A GOLDEN RAM MAY NEED TO PLAY OR WORK-OUT!**

- Basketballs, soccer balls, volleyballs, jump ropes, resistance bands, racquetball and squash equipment, and many more other integral pieces of fitness and informal recreation equipment available to all at no cost-just provide your WCU identification card

#### **A ROOM WITH A VIEW; STRENGTH AND CONDITIONING EQUIPMENT — WATCH THE DAY CRUISE BY ALL WHILE RUNNING, RIDING AND BURNING UP CALORIES!**

- Life Fitness Treadmills; 20
- Precor Elliptical Machines; 20
- Cybex Arc Trainers; 6

- Life Fitness Upright Trainers; 5
- Life Fitness Recumbent Bikes; 2
- Stairmaster Stepmill; 2
- Med U Adaptive Crank Bikes; 2
- Life Fitness Insignia Series pin-selectorized strength equipment; 17

#### **NUTRITION AND ATHLETIC TRAINER EDUCATION SUITES**

- Dedicated active-office space for individuals looking for nutrition education or athletic trainer consultation; check office hours

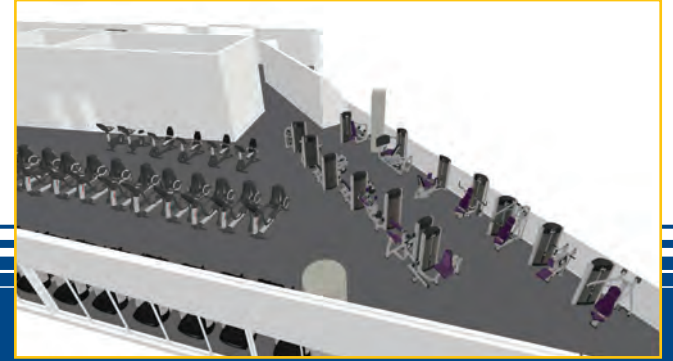
### ➤ **THIRD FLOOR:**

#### **THE PENTHOUSE; ONLY THE BEST FOR MEMBERS SEEKING TO SQUAT, DEAD-LIFT, BICEP-CURL, PRESS AND STRESS THOSE MUSCLES INTO ARMOR!**

- Life Fitness squat and deadlift rig; Six dedicated stations for these exercises with new and quiet bumper plates
- Life Fitness modular cable-cross machines; 2
- Life Fitness Signature Series plate loaded equipment; 10 stations
- Life Fitness GX rowing machines; 2
- Schwinn Cycle Bikes; 2
- Marpo Rope Pull; 2
- Hampton and Intek barbells and dumbbells
- 1/10 of mile track
- Plyometric boxes, Swiss Balls, and medicine balls along the track
- Fitness Terrace; perfect for the member wanting to warm-up or cool-down with a view of our beautiful WCU campus!



## 2<sup>nd</sup> Floor



## 3<sup>rd</sup> Floor





(610) 436-1REC  
[www.wcupa.edu/campusrec/](http://www.wcupa.edu/campusrec/)



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