

# *Fit for Life, Fit for Law!*

Southwestern's Fitness Center is a fully accessible, state of the art facility with a complete range of exercise equipment, including treadmills, recumbent bicycles, upright bicycles, elliptical cross trainers, weight circuit equipment, and free weights. The Fitness Center was designed as a safe and hygienic work-out environment for members. Exercise equipment has posted instructions for members to individualize their workout program and progress at their own rate and interest. Weight and cardiovascular exercise areas are well-lit and have flooring which provides excellent cushion and traction for member comfort and equipment safety. The Fitness Center classroom has mirrors, ballet bars for stretching, wood plank and clip flooring for low impact exercise, and dimmable lighting for members interested in meditation, Yoga, or Tai Chi. Locker facilities are fully accessible providing secure storage for personal items as well as showers and vanities with brightly lit mirrors and conveniently located hair dryers.

## **Center Amenities**

Members will enjoy a variety of amenities while visiting the Fitness Center, including:

**Reception Desk:** Fitness Center Assistants are available to answer questions, familiarize members with Fitness Center amenities, and check out exercise equipment or video tapes from the Center's video library.

**Cardiovascular Equipment:** LifeFitness equipment has been installed in the cardiovascular area. Equipment has easy to follow posted instructions that members can utilize to customize their exercise program. In addition, treadmills come equipped with automatic shut-off switches for user safety and an automatic maintenance system to insure that treads are continually preserved.

**Punching Bag:** Members interested in developing kick-boxing, karate, or punching/kicking techniques will enjoy using the punching bag located near the Men's Locker Room.

**Weight Circuit Equipment:** The weight circuit area offers a full range of LifeFitness equipment to exercise the upper and lower body as well as specialized equipment to tone specific body areas such as the inner/outer thighs, abdominal muscles, and hips. All equipment has posted instructions on correct body posture and equipment settings to insure proper use and workout benefit.

**Free Weights Area:** Adjacent to the weight circuit equipment, the free weights area is for individuals interested in fitness training using dumbbells or a Smith machine. The Smith machine allows safe lifting through a safety catch system for the weight bar and weights. Adjustable benches as well as a mirrored wall allow members to check body position and form during weight training.

**Classroom:** The Fitness Center classroom is an area where members may stretch, cool down, meditate, or play an exercise tape from the Center's video library. A television monitor and VCR are stationed in the classroom for video play back. The classroom storage area contains steps, yoga mats, and exercise balls. Members may check out videotapes or classroom equipment from the Reception Desk.

## Membership

The Fitness Center is open to Southwestern students, faculty, staff, and recently graduated alumni (1 year or less) at no fee. Membership may be obtained by completing the following forms in the Fitness Center or the Office of Administrative Services (Westmoreland Building—Room 100):

- Facility Use Waiver Form
- Membership Form
- Rules and Regulations Agreement Form

Completed forms must be returned to the Office of Administrative Services for processing and identification card encoding.

## Center Hours

The Fitness Center hours have been scheduled based upon anticipated use patterns as well as Fitness Center Assistant availability. The Fitness Center reserves the right to add, modify or change hours throughout the year as needed.

### Summer

**Monday—Friday**

6:15 AM—8:00 PM

**Saturday and Sunday**

CLOSED

### Exam, Holiday, Break Periods

Hours will be announced.

### Fall & Spring Semesters

**Monday—Thursday**

6:15 AM—11:00 PM

**Friday**

6:15 AM—8:00 PM

**Saturday and Sunday**

9:00 AM— 5:00 PM

## Exercise Video Library

If you have exercise tapes that you have grown tired of or no longer use, consider donating them to the Fitness Center Exercise Video Library. The Library has over 80 titles with an exercise selection including Yoga, Tai Chi, kickboxing, pilates, aerobics, step aerobics and more. Your donation will be greatly appreciated.

## Access Card

Access to the Fitness Center is controlled by coded card key entry. Members must use their identification card to enter the facility. Members may apply for an identification card in the Office of Administrative Services (Westmoreland Building, Room 100). Proof of enrollment is required to process student identification card requests.

## **TOWELS**

**Members are required to provide their own towels for use in Fitness Center workout areas and bathrooms for personal hygiene and the hygiene of others. Members are required to use their towels to wipe down cardio, weight circuit, and free weight equipment immediately after each use.**

## **SUGGESTIONS**

**We are always on the lookout for new ideas and suggestions for the Fitness Center. A suggestion box is located at the Reception Desk and is awaiting your ideas on Fitness Center operations, amenities, and equipment. Suggestions may also be sent to: [fitness@swlaw.edu](mailto:fitness@swlaw.edu).**