



# 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

## 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.

## 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.

## Group Fitness Classes

**Burn30:** You will be pushed to your limits with this 30 minute core workout! Focusing mostly on core, total body movements will be utilized and you will see results in just a matter of time. There is always room for modification...or to make it more difficult.

**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.

## 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

## Weede Swimming Pool

- Monday - Thursday (Morning) • Monday - Friday (Day Time)
- 6:15am - 7:30am • 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.

## Swim Lessons

For swim lessons information please contact Nathan Brungardt at 620.235.4914 or [nbrungardt@pittstate.edu](mailto:nbrungardt@pittstate.edu)

## Intramural Schedule Spring 2020

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