

Truman State University Student Recreation Center Tour Script

(updated January 2018)

I Basic Information

- A. 8 million dollar facility - primarily student funded by \$80/semester fee instituted in Fall 1997 (current fee is \$109/semester)
- B. ground breaking ceremony held February 9, 1996
- C. ribbon cutting ceremony/opening on August 25, 1997; dedication held October 17, 1997
- D. architect: Cannon Design (builds recreation facilities over the nation)
- E. general contractor: HBD from St. Louis
- F. unique to Missouri schools our size to have a facility devoted just to recreation and not shared with academics or athletics
- G. approximately 58,000 total square footage
- H. surveillance cameras added in public areas for patron safety (installed June 2008)
- I. wireless network enhanced for all activity areas (June 2014)
- J. roof replaced in summer 2015
- K. energy upgrades completed in 2015-16: replaced lighting fixtures, boilers, HVAC controls; added gym air circulation fans

II Member Services Desk

- A. facility is access controlled with ID scanner
- B. eligible users are Truman students; Truman's faculty, staff, retirees, emeriti faculty, and their designated guests
- C. membership information available for spouses and Truman graduates
- D. daily guest passes available (\$3) for guests accompanied by a member (pass is free if guest is under age 14)
- E. free equipment checkout (volleyballs, basketballs, badminton racquets, jump ropes, etc.) and towel service

III Lounge/Balcony

- A. 55-inch Panasonic flat-screen TV tuned to sporting events or news through satellite TV
- B. two flat screen televisions for program promotions and schedules
- C. fourteen (14) cardio machines placed in lounge:
 - 1. 1 StairMaster FreeClimber
 - 2. 2 StarTrac recumbent bicycles
 - 3. 2 Precor elliptical crosstrainers
 - 4. 5 LifeFitness GX spinning bicycles
 - 5. 1 Cybex Arc Trainer
 - 6. 1 StarTrac eSpinner bicycle
 - 7. 2 Woodway Curve motorless treadmills
- D. in lounge: 2 stretching mats, 1 Precor Stretch Trainer
- E. on balcony: 4 stretching mats, 1 mat table, 5 stability balls, 1 Ab Roller, 1 balance board, 2 foam rollers
- F. beverage vending machine
- G. 29 ft. floor to ceiling beams

IV Weight Room

- A. approximately 4,700 square feet (2,934 square feet in resilient flooring)
- B. Mondo 'Sport Impact' 3/8-inch resilient floor in free weight area (installed August 2006, area expanded in 2016)
- C. nine treadmills: (2) Woodway and (7) Life Fitness (5 new in 2016-17, wi-fi enabled)
- D. ten pieces of selectorized strength training equipment (vendors: Hoist and FreeMotion)
- E. twenty pieces of free weight training equipment (vendors: Matrix, Hammer Strength, Vicore, Intek, Life Fitness)
 - 1. over 5 tons of free weights and bars:
 - a. 3250 lbs. in dumbbells from 5 lbs. to 100 lbs.
 - b. 4750 lbs. in weight plates from 2.5 lbs. to 45 lbs.
 - c. 650 lbs. in barbells from 10 lbs. to 110 lbs.
 - d. 750 lbs. in kettlebells from 10 lbs. to 45 lbs.
 - 2. includes adjustable benches, bladder benches, ham/glute machine, VKR-Dip, hyper-X bench
 - 3. Synergy XS to XM functional fitness training unit (first ever at a Missouri college)
 - a. stations include TRX, battle rope, monkey bars, stall bars, dip bars, step platform, power pivot, rope pulls, resistance bands, rock hold pull-ups; weight stacks
- F. accessories like stability balls, body bars, medicine balls, warm-up mats, plyo boxes, balance pads, BOSU, foam rollers
- G. mirrors made out of safety glass (which distorts the view from a distance); extra mirrors added in 2016
- H. background sound system with satellite XM music and AM/FM radio

V Locker Rooms

- A. 96 half lockers in each locker room (men & women); 48 in each are rentable (\$15/semester or \$35/year)
- B. 14 full lockers in each locker room (men & women)
- C. 62 daily use lockers including all full lockers (can check out a lock for free with Truman ID)
- D. tiled wet area and carpeting in locker area and entrance area
- E. large full-length mirrors added in 1998

continued

VI Multipurpose Gym

- A. Sport Court floor (10-inch plastic tiles)
 - 1. all new floor tiles installed by Sport Court in August 2003 due to warranty issue with original Sport Court flooring
 - 2. same surface used by USA Volleyball National Teams
 - 3. 10,800 tiles each laid individually over a thin pad on a concrete floor
 - 4. individual tiles can be replaced
- B. seating area for teams or spectators
- C. gym can accommodate volleyball, basketball, indoor soccer, roller hockey; have also held dances, rugby and lacrosse practices, ultimate frisbee practices, blood drives, health fairs, Visit Day receptions, color guard/flag corps practices, SAB games
- D. approximately 6,600 square feet
- E. rink size is about 2/3 the minimum size for official indoor roller hockey league play
- F. NHL-style hockey goals that can be moved on and off gym floor
- G. the "cut-outs" in the back walls are the goals for indoor soccer
- H. blue line on wall is the out-of-play line for soccer balls and hockey pucks
- I. the emergency door has a three second delay when the panic bar is depressed before the alarm will sound and a 15 second delay before the door will release so that hits by a player or even a soccer ball will not disrupt the game/practice; door automatically releases immediately during fire alarm

VII Main Gym

- A. 3 courts with divider curtains
 - 1. basketball courts are 84 feet long, (versus the 94 feet for collegiate athletics); basketball backboards/rims made by Porter
 - 2. volleyball courts are 18 by 9 meters; volleyball equipment is Senoh from Sports Imports, the same equipment used in the Olympics for the past 30+ years
 - 3. three badminton/pickleball courts are on the east court and west court; poles are from Sports Imports
- B. each maple board in the floor was laid individually
- C. wood floor manufacturer is Connor
- D. floor is approximately 19,000 square feet; refinished every May

VIII Track

- A. 3 lanes, 10 laps in outside lane to the mile
- B. resilient surface is Durathon made by Robbins

IX Cardiovascular Training Area on second floor

- A. 31 total machines
- B. 4 ergometers (rowers) by Concept II
- C. 1 Free Climber by StairMaster
- D. 4 PowerMills by LifeFitness (wi-fi enabled)
- E. 3 recumbent bicycles by LifeFitness and 1 upright bicycle by LifeFitness
- F. 3 recumbent bicycles by StarTrac and 4 upright bicycles by StarTrac
- G. 2 Total Body Crosstrainers by LifeFitness
- H. 3 Precor EFX833 and 3 Precor EFX835 elliptical crosstrainers
- I. 3 StarTrac Pro crosstrainers

X Aerobics Room

- A. approximately 2,100 square feet
- B. parquet wood floor by Connor
- C. mirrors made out of safety glass (which distorts the view from a distance)
- D. free noncredit instructional classes, including HIIT, Tabata, yoga, Pilates, and Zumba
- E. special sound system installed June 1999 with headset and remote capabilities for the class instructor
- F. fitness equipment used for classes includes steps, warm-up mats, hand and ankle weights, exercise tubes, medicine balls, jump ropes, weighted body bars, stability balls, dumbbells, yoga mats/balls/blocks, foam rollers, sliding discs

XI Campus Recreation Office

- A. director, fitness/wellness director, intramural recreational sports director, member services coordinator, student assistants/interns
- B. conference room (with 40-inch flat screen TV, DVD player, data projector, screen and laptop) used by:
 - 1. Intramurals for referee training meetings
 - 2. Student Recreation Center staff training and CPR/AED/first aid certification classes
 - 3. Fitness/wellness workshops, e.g. body composition assessment
 - 4. occasional meetings by other University departments, groups and committees
- C. approximately 75 students employed as intramural officials and supervisors, weight room instructors, desk clerks, building supervisors, program instructors, personal trainers, interns and building assistants