



ACCREDITATION EVIDENCE

Title: Student Service: Fitness Center

Evidence Type: Corroborating

Date: 8 October 2021

WAN: 22-0299

Classification: Website

PII: No

Redacted: No




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Fitness Center

The Fitness Center is a space where students, faculty, staff and community members can come and get a great workout in the Cardio and Weight machine rooms. These facilities are utilized to teach our Exercise Science majors, provide physical activity courses for credit and where individuals can come workout on their own after purchasing a Wellness pass.

Wellness passes can be purchased for each semester, \$25 for students, \$75 for community members. The facility is available from 6 AM - 10 PM, with the exception of posted class time 1-2 hours a day, every day the college is open. The Summer rate is \$15 for students and \$25 for community members because the college is only open Monday-Thursday.

To purchase a Fitness pass, Students should go to [Mustang Central](#). Community members need to purchase their pass in the [Business Office](#) on the 3rd floor. All individuals will need to sign a Liability Waiver and Informed Consent at the time of purchase.

For questions about the Fitness Center equipment and space or help to learn how to use the equipment, please contact Kristine Clark.

Can I use the additional equipment in the equipment room, such as the balls, BOSU's, resistance bands, etc? +

Why are the dumbbells locked up in the Weight Room? +

Is the Free Weight/Athletic Weight Room available as part of the Wellness Center pass? +

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Sunday-Saturday 6 AM-10 PM

Summer Semesters

Monday-Thursday 6 AM-10PM

Usage Fees:

\$25 Student (\$15 summer) \$75 Community Members (\$25 summer)

[Business Office](#) →

COVID-19 Policy:

To protect students, faculty, staff and community patrons the following strategies need to be implemented when using the Fitness Center (cardio and weight room) facilities as well as during all Fitness Classes.

- At this time, masks are required if you are not able to social distance. (This could change at any time based on CDC and state mandates).
- Patrons should maintain social distancing guidelines maintaining a minimum of 6 feet distance to other individuals when exercising - this means using alternate machines - leaving one to two machines empty between each individual.
- ***Patrons are responsible for thoroughly cleaning the machines, equipment and area after each use.***
- Individuals who are sick should not use the facilities. If you have symptoms or have tested positive for COVID-19 you will be asked to complete the ["COVID-19" Self Reporting Form](#).
- Additional cleaning will be completed regularly by facilities and student workers.





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Run With Sandy - May 9th, 2020

Run With Sandy is a 5K run or walk hosted on and around Western Wyoming Community College campus.

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