# Facilities, Hours, and Other Info

### What amenities does each building offer?

#### Aggie Recreation Center

TIZENS

• Also includes access to the HPER building and pools

UtahStateUniversity. EVENT SERVICES

- 1/8th mile indoor walking track
- Climbing wall
- Functional training studio
- Spin bike studio
- 3 indoor pickleball/badminton courts
- Unlimited access to summer group fitness classes in the ARC
- Cardio machines, free-weight machines, and plateloaded machines
- Basketball and volleyball courts
- Locker rentals
- Activity equipment rentals

#### **HPER Building and Pools**

- Basketball courts
- 1 indoor pickleball court
- Cardio machines, free-weights, and plate-loaded machines
- Locker rentals
- Activity equipment rentals
- Outdoor lawn game rentals

### Where can I purchase a Campus Rec Membership?

Memberships can be purchased at the Aggie Recreation Center (ARC) and HPER Building Service Desks. This year, there will be no advance registration for these memberships. Once you arrive on campus, come take a tour of both buildings and decide which membership is best for you.

## **ARC-Aggie Recreation Center**

(Includes access to the HPER Building) Monday-Friday......6:00 am - 9:00 pm Saturday.....10:00 am - 4:00 pm

\$105 for entire summer (prorated only) \$30 month-to-month \$5 day/guest pass

#### HPER-Health, Physical Education, and Recreation Building

Monday-Friday.....6:00 am - 9:00 pm \$40 for entire summer

#### Also Included in Both Memberships

#### Lap Swim

Monday-Friday	8:00 am - 1:00 pm
Monday-Friday	5:00 pm - 7:00 pm

#### **Open Rec Swim**

I-Th	1:00 pm - 3:00 pm
Friday	5:00 pm - 7:00 pm

#### Log Rolling Available

M/W/F.....5:00 pm - 7:00 pm All hours are subject to change.

# **Special Classes and Training**

# **Functional Strength Training Class**

#### Tuesday/Thursday 8:30 - 9:30 PM, June 1 - July 1

Price: \$70

Move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living.

Must have an ARC Pass listed above

## **USU Personal Fitness Training**

Sessions	One Person	Partner Training		
1	\$35	\$60		
3	\$100	\$170		
6	\$180	\$320		
10	\$320	\$490		
15	\$475	\$660		
Sign Up for Personal Fitness Training				

# Experience USU Personal Training

# **Community Prices**

# of Sessions	One Person	Partner Training
1	\$35	\$60
3	\$100	\$170
6	\$180	\$320
10	\$320	\$490
15	\$475	\$660
Register using link in newsletter		