**Recreation Center At-a-Glance**  
*Recreation Center is ADA compliant*

### Member Services
- Located on the lower level (Commonwealth Avenue entrance) of the concourse and Grand Stairs
- Controlled entry access
- Point-of-sale for memberships, personal training, locker rentals, guest fees
- General & specific Campus Recreation programming information and scheduling

### Gymnasium
- 3 wooden courts for badminton, basketball and volleyball
- Scoreboards
- Retractable curtains for court separation

### Fitness & Weights (levels 2 & 3): cardiovascular, selectorized, isolateral & free weights
- Life Fitness, Hammer Strength & Technogym equipment
- Iron Grip dumbbells
- Iron Grip & Troy weight plates
- 46 treadmills: 21 Life Fitness, 5 Woodway, 20 TechnoGym
- 66 ellipticals: 25 Life Fitness, 34 Precor, 7 TechnoGym
- 5 Cybex arc trainers
- 5 Concept 2 rowers
- 4 Precor AMTs & 1 Technogym wave
- 14 upright bikes: 10 Life Fitness, 4 TechnoGym
- 14 recumbent bikes: 10 Life Fitness, 4 TechnoGym
- 1 Life Fitness summit trainer & 2 Life Fitness powermills
- 1 Stairmaster gauntlet
- 1 Technogym upper body ergometer
- 27 televisions on levels 2 & 3 weights and fitness & cardio theater

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<table>
<thead>
<tr>
<th><strong>Square Footage Breakdown</strong></th>
<th><strong>UMass Campus Recreation Staff</strong></th>
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</thead>
<tbody>
<tr>
<td>Gymnasium: 20,300</td>
<td>12 full-time staff</td>
</tr>
<tr>
<td>Cardio &amp; Weights: 21,000</td>
<td>350+ student employees</td>
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<tr>
<td>Jogging Track: 5,300</td>
<td><strong>Fall &amp; Spring Hours</strong></td>
</tr>
<tr>
<td>Activity Rooms: 8,000</td>
<td>Monday - Thursday 6:00am - 12 midnight</td>
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<tr>
<td>Wellness Center: 300</td>
<td>Friday 6:00am - 10:00pm</td>
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<tr>
<td>Administrative Suite: 3,300</td>
<td>Saturday 10:00am - 10:00pm</td>
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<tr>
<td>Sports Club Resource Room: 1,600</td>
<td>Sunday 12 noon - 11:00pm</td>
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<tr>
<td>Locker Rooms: 5,300</td>
<td><strong>Summer Hours</strong></td>
</tr>
<tr>
<td><strong>Total Activity Space</strong>: 65,100</td>
<td>Monday - Friday 7:00am - 8:00pm</td>
</tr>
<tr>
<td><strong>Total Gross Area</strong>: 120,000</td>
<td>Saturday closed</td>
</tr>
<tr>
<td><strong>Cost</strong>: $50 Million</td>
<td>Sunday closed</td>
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<tr>
<td>Total Construction Cost: $38.2 Million</td>
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</tbody>
</table>
Activity Rooms 118, 121, 210, 215
- Group fitness classes
- Spinning® classes in 121 - Rec Center is a certified Spinning® facility
- University Registered Student Organizations (RSO)

Suspended 3-Lane Track
- 1/10th of a mile in length - 10 laps per mile
- Mondo Sport Flex flooring

Locker Rooms
- 756 lockers - 378 in men’s and women’s locker rooms
- 60 full lockers and 318 half lockers
- Lockers available for semester rental
- Lockers available for day use
- 12 individual showers in each locker room

Equipment Room
- Located to the left of the entry turnstiles
- Workout towels available
- Shower towels available for check out with UCard
- Combination locks available for check out with UCard
- Badminton racquets, badminton birdies, jump ropes, basketballs & volleyballs available for check out with UCard
- Industrial washer/dryers

Cubbies Storage
- 2nd floor outside activity rooms and gymnasium
- 3rd floor main cardio deck
- 3rd floor stretching area

Boxing Area
- 2 heavy bags
- 2 speed bags

Stretching Area
- Located on level 3
- Equipment includes stretching mates, Bosu balls, stability balls, plates, dumbbells

Wellness Center
- Located adjacent to Member Services
- Nutrition advisors
- Personal training
- Meditation corner

Conference Room
- Located on level 1 (room 117)
- Used for workshops and meetings

Handicapped Accessible Bathroom
- Located on level 1 (room 115) between men’s and women’s locker room entrances

Hydration Stations: filtered water, touch-free hygienic dispensers
- 1 located on levels 1 & 2
- 2 located on level 3

Courtside Café
- Located on the upper concourse
- Wi-fi
- Menu includes grab-n-go sandwiches, salads, fruit and smoothies