UMASS Recreation Center

- Groundbreaking: November 2, 2007
- Opening Date: October 30, 2009
- Official Opening Celebration: December 3, 2009
- Facility Square Footage: 120,000

Square Footage Breakdown
- Circulation Mechanical: 41,000
- Support Space: 15,000
- Total Activity Space: 65,100
  - Gymnasium: 20,300
  - Jogging Track: 5,300
  - Weights & Fitness: 21,000
  - Activity Rooms: 8,000
  - Wellness Center: 300
  - Administrative Suite: 3,300
  - Locker Rooms: 5,300
  - Sports Club Resource Room: 1,600

- Cost: $50 million (Total Construction Cost: $38.2 million)
- Architect: Sasaki Associates
- UMass Campus Recreation staff: 12 full-time staff, 300+ student employees
- Recreational Management Software: CSI Software (Point of Entry, Membership, Locker, Equipment, etc.)
- Website: www.umass.edu/campusrec

Hours of Operation

<table>
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<tr>
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<th>Fall &amp; Spring Semesters</th>
<th>Summer</th>
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</thead>
<tbody>
<tr>
<td>Monday - Thursday</td>
<td>6am - 12midnight</td>
<td>7am - 8pm</td>
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<tr>
<td>Friday</td>
<td>6am - 10pm</td>
<td>7am - 8pm</td>
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<tr>
<td>Saturday</td>
<td>10am - 10pm</td>
<td>CLOSED</td>
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<tr>
<td>Sunday</td>
<td>12noon - 11pm</td>
<td>CLOSED</td>
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</tbody>
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Membership Eligibility

- Current Undergraduate Students, Amherst campus: No extra fee fall or spring semester $40 / summer
- Graduate, Continuing Education & Part-time Students: $100 / semester $40 / summer
- Faculty/Staff: $150 / semester $40 / summer
- Retirees (Faculty/Staff): $125 / semester $40 / summer
- Affiliates (Spouse/Domestic Partner & Dependents): $125 / semester $40 / summer
- Alumni: $175 / semester $40 / summer
- Guests of Members: $10 per day per guest

Boyden Building & Totman Building

- UMASS Campus Recreation utilizes Boyden & Totman to provide open recreation swim time to members
- Boyden Gym: Gym court space and racquetball/squash courts are also utilized for open recreation for members

UMASS Recreation Center Amenities: (ADA compliant facility)

- Administrative Offices
  - Main Office 112: 8 offices, kitchen area, office supplies, restroom, student work area
  - Office 110: Human Resources Coordinator
  - Office 107A: Recreation Repairers
- Conference Room
  - Seating for 12+
  - Within Administrative Office area
  - Smartboard Technology
- Gymnasium
  - Three courts - badminton, basketball, volleyball
  - Court Size: 50’ x 84’ with a minimum of 9’6” surrounding each court
  - Flooring: Wood - Connor Sports Flooring - Rezill Channell
  - Basketball Goals & Master Equipment Controller: Jaypro Sports, Inc.
  - Divider curtains can separate the three courts
  - Volleyball & Badminton System: Senoh via Sports Imports
  - Scoreboards: Nevco
- Suspended 3-lane track
  - 10 laps per mile
  - Mondo Sport Flex Rubber Flooring
- Group Fitness Rooms
  - 118/121 (Group Fitness classes & RSO, can be separated with partition)
  - 210 & 215 (Group Fitness classes & RSO)
  - Cycling classes in 121
- Wrestling Mat and Wall Rack: TW Promotions Inc. Mat Rack System
- Flooring: Wood - Connor Sports Flooring - NeoShock
- Divider partition for 118/121: Moderco

**Fitness Center - Cardiovascular Equipment, Resistance Training Equipment & Free Weights**
- 27 televisions on levels 2 & 3 in cardio and free weight areas
- Mondo Sport Impact Flooring
- Resistance Training Equipment: Life Fitness, Hammer Strength & TechnoGym
- Iron Grip Dumbbells & Plates
- 46 Treadmills: Life Fitness (21), Woodway (5), TechnoGym (20)
- 66 Ellipticals: Life Fitness (25), Precor (41)
- 5 Cybex Arc Trainers
- 5 Concept 2 Rowers
- 1 Octane Lateral X
- 3 Life Fitness PowerMills
- 1 Stairmaster Gauntlet
- 14 Life Fitness Upright Bikes
- 14 Life Fitness Recumbent Bikes
- 1 Technogym Upper Body Ergometer

**Courtside Café**
- Located on 2nd level in lobby open to general public
- Operated by University Auxiliary Enterprises
- Selection of items includes smoothies, salads, fruit, protein bars, sandwiches, wraps and a variety of drinks

**Locker Rooms**
- 756 lockers total (378 in Men’s and Women’s locker rooms)
- Within each locker room, 60 full size and 318 half size
- Lockers available for semester rental
- Lockers available for daily use
- Republic Storage Systems Canton, OH
- 12 shower stalls in each locker room
- Ceramic tile flooring

**Handicapped Accessible Bathroom**

**Conference Rooms (112 & 117)**

**Boxing Area**
- 2 Heavy bags and 2 speed bags (Everlast Equipment)

**Wellness Center**
- Nutrition Advising and print/visual resources
- Meditation Corner

**Hydration stations**
- 1 on Level 1, 1 on Level 2, 2 on Level 3
- Touch-free, hygienic
- Filtered water

**Restrooms on each level**

**Industrial Washers/Dryers in Equipment Room area - UNIMAC**

**Intramural Sports** *(check website for latest schedule)*
- Fall Team Sports: 2-Ball Soccer, Extreme Dodgeball, Field Hockey, Flag Football, Holiday Basketball, Kickball, Sand Volleyball, Seated Volleyball, Soccer, Spikeball, Volleyball, Wiffleball
- Fall Singles Sports: Badminton Singles, Bean Bag Toss, eSports, Punt, Pass & Kick, Racquetball Singles, Revolution Run, Table Tennis Singles, Tennis Singles
- Spring Team Sports: 4-on-4 Football, Basketball, Broomball, Co-Rec Soccer, Co-Rec Volleyball, Dodgeball, Floor Hockey, Softball, Speedball, Sports Trivia, Ultimate Frisbee, Wallyball
- Spring Singles/Doubles Sports: 3-on-3 Outdoor Basketball, Badminton Doubles, Basketball Shooter’s Challenge, Homerun Derby, Kan Jam, Racquetball Doubles, Table Tennis Doubles, Tennis Doubles
- Extramural Sports: Regional Basketball Tournament (Spring)

**Fitness**
- Group Exercise classes offered (100+ per week): 30-Minute Abs, Barre, Boot Camp, Cardio Dance, Cardio Hip Hop, Cardio Kickboxing, Contemporary Dance, Express Spin, Kettleball Power, Meditation, Pilates, Power Meditation, Rec Spin, Spinning, Spin & Body, Spin & Core, STOTT Pilates, Strength Circuits, Total Body Burn, TRX Boot Camp, Yoga (Acrobatic, BRoga®, Classical Hatha, Power Vinyasa, Vinyasa, Yin), Zumba®

**Wellness**
- Fitness Certifications, Nutrition Advising, Meditation Corner

**Strength & Conditioning**
- Personal Training, Floor Supervision