RECREATION CENTER
QUICK FACTS
www.umass.edu/campusrec

GROUNDBREAKING: November 2, 2007
OPENING DATE: October 30, 2009
OFFICIAL OPENING CELEBRATION: December 3, 2009

Square Footage Breakdown
- Gymnasium: 20,300
- Cardio & Weights: 21,000
- Jogging Track: 5,300
- Activity Rooms: 8,000
- Wellness Center: 300
- Administrative Suite: 3,300
- Sports Club Resource Room: 1,600
- Locker Rooms: 5,300
- Total Activity Space: 65,100
- Total Gross Area: 120,000
- Cost: $50 Million
- Total Construction Cost: $38.2 Million

UMass Campus Recreation Staff
- 12 full-time staff
- 400+ student employees

Fall & Spring Hours
- Monday - Thursday 6:00am - 12 midnight
- Friday 6:00am - 10:00pm
- Saturday 10:00am - 10:00pm
- Sunday 12 noon - 11:00pm

Summer Hours
- Monday - Friday 7:00am - 8:00pm
- Saturday closed
- Sunday closed

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 & Hammer Strength weight plates
- 46 treadmills: 21 Life Fitness, 20 Technogym, 5 Woodway
- 66 ellipticals: 25 Life Fitness, 41 Precor
- 5 Cybex arc trainers
- 5 Concept 2 rowers
- 4 Precor AMTs
- 14 Life Fitness upright bikes
- 14 Life Fitness recumbent bikes
- 1 Life Fitness summit trainer & 3 Life Fitness powermills
- 1 Stairmaster gauntlet
- 1 Technogym upper body ergometer
- 27 televisions on levels 2 & 3 weights and fitness & cardio theater
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
- Sports equipment available for check out with UCard, including basketballs, volleyballs, badminton and tennis racquets, jump ropes and boxing hand wraps.
- Industrial washers & 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