

12-5-2013

## Health and Wellness Center

David McLeod

Western Oregon University, dmcleod12@wou.edu

Rachel Espy

Western Oregon University, respy13@wou.edu

Angelina Chaplygina

Western Oregon University, achaplygina13@wou.edu

Sofia Samuel

Western Oregon University, ssamuel13@wou.edu

Doug Molzahn

Western Oregon University, dmolzahn12@wou.edu

*See next page for additional authors*

Follow this and additional works at: <https://digitalcommons.wou.edu/fye>

---

### Recommended Citation

McLeod, David, Espy, Rachel, Chaplygina, Angelina, Samuel, Sofia, Molzahn, Doug, and David Gard. "Health and Wellness Center." Poster presented at the First Year Experience Symposium, Western Oregon University, December 5, 2013.

This Poster is brought to you for free and open access by Digital Commons@WOU. It has been accepted for inclusion in First Year Experience Symposium by an authorized administrator of Digital Commons@WOU. For more information, please contact [digitalcommons@wou.edu](mailto:digitalcommons@wou.edu).

---

**Authors**

David McLeod, Rachel Espy, Angelina Chaplygina, Sofia Samuel, Doug Molzahn, and David Gard

## Facilities

# HEALTH AND WELLNESS CENTER

## Machines and Equipment



POOL



ROCK WALL



RAQUETBALL COURT

## Programs

### Various Programs Offered by the Health and Wellness Center

- Zumba
- Ballerobics
- Choreographcardio
- Ripped
- Cardio Hip Hop
- Pilates
- Spinning
- Yoga
- And many more depending on the term...



## Rental Programs

- ### Indoors
- Badminton Gear (Racket, Shuttlecock)
  - Basketball (Men, Women, Outdoor)
  - Duff Coat
  - Football Pinnacles
  - Judo Mats
  - Pat Mats
  - Recumbent Gear
  - Soccer Balls
  - Volleyball's
  - Tennis Gear
  - Weight Gear
  - Climbing gear



- ### Outdoors
- Tennis (2, 4, & Personal)
  - Walking Shoes
  - Snow Shoes
  - Outdoor Backpacks
  - Sleeping pads
  - Sleeping bags



### Weight Lifting Equipment and Exercises

- Free weights
  - Legs
    - Squat bars
    - Dumbbell lunges
  - Upper body
    - Dumbbell bicep curls
    - Bench press
- Machine weights
  - Legs
    - Seated leg press
    - Leg extensions
  - Upper body
    - Fly
    - Shoulder press
  - Abdominals
    - Torso Rotation
    - Abdominal crunch



### Fitness and Cardio Area Policies

- For safety and health concerns, unaltered, sleeved T-shirts must be worn while using strength or cardio equipment.
- Jeans are prohibited while working out.
- To preserve the equipment and improve health conditions, all participants are asked to wipe down equipment after each use.
- Personal towels are highly recommended for use during all workouts on exercise equipment and required for all indoor cycling classes.
- Closed-toed athletic shoes are required; open-toed or heeled shoes are not permitted.
- Please re-rack all weight plates, dumbbells, and barbells after use.
- Collars are to be utilized with all bars while lifting.
- No dropping weight plates, dumbbells, or barbells at any time. If you cannot control the weight, enlist the help of a spotter.
- Cardio and selectorized training equipment users must be at least 16 years old.
- Please limit cardiovascular workouts to 30 minutes when others are waiting.
- Outside personal trainers are not allowed to provide training in the HWC.
- If a machine fails to operate correctly, do not attempt to repair or operate it. Notify an HWC staff member at the Front Desk about the problem.
- Equipment may not be altered or removed from the facility.