

CHECK US OUT

Fall 2009 MILLER BUILDING OPEN HOURS

Building Hours

Monday-Thursday

8:00 am to 7:00 pm

Friday

8:00 am to 4:00 pm

Saturday

9:00 am to 1:00 pm

Open Swim

Monday- Friday

11:30 am to 1:00 pm

Racquetball

Sign-up schedule posted outside racquetball court

Staff and Faculty Basketball

Monday/Wednesday/Friday

Noon to 1:00 pm

Fitness Center Open Hours

Monday/Wednesday

8:00 am to 10:00 am

11:30 am to 1:00 pm

2:30 pm to 7:00 pm

Tuesday/Thursday

8:00 am to 10:00 am

11:30 am to 1:00 pm

2:30 pm to 6:00 pm

Friday

8:00 am to 4:00 pm

Saturday

9:00 am to 1:00 pm

Equipment Available:

Cardio

Stair Stepper

2 Elliptical

2 Treadmills

3 Stationary Bikes

Free weights

Pin select machines

Plyometric Boxes

Exercise Balls

And More!

Please check the schedule posted outside the fitness center (Availability may change with out notice)

Miller Building Staff

Tom Shaw—Athletic Director, ext. 2548

Sharon Powell—Building Coordinator, ext. 2408

Cathy Slaughter—Administrative Assistant, ext. 2530

Charin Nichols—Issue Room, ext. 2569

Issue Room

Monday - Friday

8:00 am to 4:00 pm

Available for check out: towels, locks, basketballs, racquetball equipment, jump ropes, etc.

We are here to meet your fitness needs!