

# CHECK US OUT

## Spring 2010 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 1:30 pm

### Racquetball

Sign-up schedule posted outside racquetball court

### Tennis

8 tennis courts—tennis equipment available for check out in Issue Room

### Staff and Faculty Basketball

**Monday/Wednesday/Friday**

Noon to 1:00 pm

### Fitness Center Open Hours

**Monday/Wednesday**

11:30 am to 3:00 pm

4:30 pm to 7:00 pm

**Tuesday/Thursday**

10:00 am to 1:00 pm

2:30 pm to 4:00 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

New! Ab Machines

Plyometric Boxes

Exercise Balls and more!

Please check the schedule posted outside the fitness center (Availability may change without notice)

### Miller Building Staff

Tom Shaw—Athletic Director, ext. 2548

Sharon Powell—Building Coordinator, ext. 2408

Cathy Slaughter—Secretary, ext. 2530

Charin Nichols—Issue Room, ext. 2569

### Issue Room

Open and ready to serve you!

**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!