

## Wellness Center Equipment Information and FAQs

### Equipment

Cardio Equipment	
• 6 Treadmills	• 2 Climbmills
• 3 Ascent trainers	• 4 Ellipticals
• 3 Recumbent bike	• 3 Upright bike
• 3 Rowers	• 1 Krankcycle
Strength Equipment	
• Chest Press	• Lat Pulldown
• Seated Row	• Shoulder Press
• Pectoral Fly/Rear Delt	• Bicep Curl
• Tricep Press	• Back Extension
• Leg Press	• Leg Extension
• Leg Curl	• Hip Adductor/Abductor
• Dip/Chin Assist	• 4 benches
• 1 decline bench	• Functional Trainer
• Cable Crossover	• Vertical Knee Raise
• 2 Power racks	• Plates 2.5lbs-45lbs
• Barbell Straight 20-110lbs	• Barbell EZ Curl 20-110lbs
• Dumbbells 5-50lbs	• Dumbbells 2-20lbs

### Locker Rooms

- 4 showers in each (1 is ADA compliant)
  - Bench
  - Curtain separation from locker area
- 30 15"x15"x72" lockers in each (L shaped, only half is 72" tall)
- Locker rentals and open lockers
- Each shower has a walk off mat
- Shampoo, conditioner and hair dryers will not be provided
- For air circulation, we will rely on our AC system. Initially, there will not be fans in the locker room. We will administer a survey to understand how user experience may need to be changed or improved in December.
- There will not be TVs in the locker rooms

### FAQs

We received the following questions regarding the Wellness Center. Please review our answers below. Keep in mind that the construction and program development are not complete and these answers may change. We appreciate your understanding and patience.

#### When is the first day employees can use the Wellness Center?

On the day your department moves into the building. Your badge will be issued to you the day before your move and is required to enter the building, your floor, and the Wellness Center. Until the last department move is completed, our move contractors and Facilities Management staff will be busy preparing floors/workspaces for move-in and executing moves. Extra people in the building will delay the moving process. Please do not attempt to enter the building or the Wellness Center prior to your move date. The exception would be if you are part of an organized tour led by an employee who has a badge already. You will need a visitor's badge in this instance.

**Will there be a user orientation for the Wellness Center?**

Yes, we will host orientations on the equipment and general orientation of the space. We have a team working on user guidelines to make sure we all practice safety in our new space!

**Do I have to sign a waiver to use the Wellness Center?**

Yes. It will be available online for employees and in paper form for guests. Paper is only for guests. All employees must renew their waiver as we move into the building. The waivers will be available to sign the week of July 24<sup>th</sup>. Look for an email with a link to complete.

**What are the hours of the Wellness Center?**

We do not have an answer yet. We will determine the hours when we have all Wellness Center and Program survey submissions and know if we will be able to staff the Wellness Center. Our intention is to set hours that are as responsive to staff requests/desires as is feasible.

**Is the Wellness Center open on the weekend?**

We do not have an answer yet. We will determine the hours when we have all Wellness Center and Program survey submissions and know if we will be able to staff the Wellness Center.

**Can I park in the building over the weekend or in the evening to use the Wellness Center if it is open on the weekend?**

Yes. Parking in the building is available 24/7. Your parking hangtag will have an electronic device in it to open the gate to enter the garage for night and weekend access. (Note: the gate will not be down during working hours.)

**Can I bring my friends, family or other guests?**

Yes, but we do not know the details yet. We will be developing a guest policy.

**Will the partnership with Ballet Austin continue?**

We included funding for our partnership with Ballet Austin to continue in our budget request. As long as the budget is approved, we will maintain our partnership with Ballet Austin.

**Is there a water fountain in the Wellness Center?**

Yes.

**Will we have group fitness classes?**

Yes, we have two group fitness rooms to host classes. We will introduce class formats based on employee interest and will likely build our schedule slowly.

**Will there be classes for all fitness levels?**

Yes!

**How long will we be able to use the CTJ gym?**

The CTJ gym will be available for use until mid-August. We will communicate a specific date as plans are solidified.

**When will the equipment that is moving to the Wellness Center from CTJ be moved?**

Mid-August.

**How heavy are the bars on the power racks?**

20kg (44 lbs)

**What is the Functional Trainer machine? How does it work?**

Please follow [this link](http://www.matrixfitness.com/en/strength/multi-station/g3-msft3-functional-trainer) for complete information on the Functional Trainer including a video showcasing it's features.  
<http://www.matrixfitness.com/en/strength/multi-station/g3-msft3-functional-trainer>

**Will the lockers be rental only? If so, what is the cost?**

No. We will have 10 lockers for rent and 20 for day use inside each of the locker rooms. The cost to rent the locker is \$50/year for the first year. Pricing is subject to change in the future.

**Are there lockers outside of the locker room?**

Yes, there are 56 5" x 6" x 8" lockers equipped with a lock to store your cell phones, keys, etc. during your workout.

**Will the Fitness Center have security cameras?**

No.

**Is there a DVD player in the group fitness studios?**

Yes. Priority use of the group fitness studios will be designated to group fitness classes. When the rooms are not in use, they may be used by drop-in users.

**Do the treadmills have personal TV's? Is cable provided?**

The console on the treadmills does have IPTV capability. The capabilities that will be available will be determined once we know the how the capabilities of the technology in the building and the machines interact.

**Will the Fitness Center have a trainer on-site?**

Not initially. We understand there is interest to have personal trainers on-site and eventually we may be able to grow our program to offer personal trainers on-site.

**Will the Fitness Center have a nutritionist on site?**

No. We understand that is interest in healthy cooking and eating. While it is not likely that we will have a Registered Dietitian on-site, we do plan to expand our program to offer more education and instructional opportunities regarding nutrition.

If you have a question not answered here, please email Kendra Bolton at [kbolton@utsystem.edu](mailto:kbolton@utsystem.edu).