THE CSU RAM’S GUIDEBOOK TO CAMPUS RECREATION

EVERYTHING YOU NEED TO KNOW TO DISCOVER YOUR INNER REC’ING RAM
Campus Recreation actively promotes the pursuit of a balanced, healthy lifestyle to a diverse university community.

VALUES
Our integrity lies in trusting each other to maintain high standards in all we do.

Our community is united through a common vision and shared experiences while respecting and supporting one another.

We develop individuals through education and teachable moments while guiding the sustainable growth of others and ourselves.

INCLUSIVE POLICIES
We have a lot of policies in place to make sure we live up to our reputation for being the best place on campus for everyone. From our Asserted Gender Policy to our Non-Gendered Attire Policies, each one is put in place with intention and consideration for our diverse campus population. Want more information about our policies? Check out the Inclusive Rec page on our website.

INCLUSIVE FACILITIES
The Student Recreation Center facility was planned with a commitment to providing safe, welcoming spaces for all participants. Gender inclusive restrooms, gender inclusive changing rooms, ADA access, nursing parent spaces, adaptive equipment, and multiple workout areas are designed to accommodate various skills, abilities, and comfort levels. Come check them out!
CSU students, staff, employees, affiliates, and their partners/spouses are all eligible for memberships here at the Student Recreation Center. We love our Ram fam!

Student Recreation Center memberships are included in student activity fees for CSU students currently enrolled in six or more on-campus credits. (Wooo!) Memberships in monthly, semestery, and annual durations are available for part-time students, employees, staff, and affiliates (as well as their partners/spouses). Check out our website for current pricing.

**HOW TO CHECK IN**

After walking through the front doors, our Member Services staff is ready to greet you with a smile and hello. Already a member? Just hand them your CSU ID card or Rec Center ID card, and they will swipe you in. The Service Center is also the place to go for purchases like memberships, locker rentals, IM Memberships, and more. They are more than happy to answer any questions you may have, so ask away!

**LOCKERS**

Rentable lockers are available throughout the facility, including the men’s, women’s, and gender inclusive locker rooms and changing areas. In order to rent a locker for the semester or year, visit the Service Center in the lobby. Day use lockers are also available for daytime use (look for the lockers with hooks on them for your own lock).

**BYE, BYE GYM-TIMIDATION**

Worried about working out? Unsure about what to do or concerned about feeling awkward? Gym-timidation is real and we are here to help you through it. At Campus Recreation we are serious about our goal to make sure the Student Recreation Center is the best place on campus for every single Ram, no matter your body type, athletic ability, or past fitness experience. Come by and take a tour with one of our knowledgeable student staff members, watch our workout tips video series online, and don’t be afraid to ask our staff questions. We’ve all been new to something before, and we promise you’ll be happy you took the leap.

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**MEMBERSHIP**

CSREC.ColoState.EDU
Are you ready to get your heart pumpin’? No matter what your preferred cardio fix is, we work to accommodate them all with a large variety of equipment, from ellipticals and treadmills to stationary bikes, stair steppers, rowers, and an indoor track. If you’re interested in trying a new dynamic workout, we’ve got you covered with equipment like TRX Bands, plyo boxes, and jump ropes.

Feeling a little sweaty after all that effort? Grab a small towel from one of our many cleaning stations and be sure to wipe off your equipment (your fellow Rams thank you). The equipment isn’t the only thing that might need a scrub after a sweat-filled cardio session! We offer towel service (shower-sized) at our Equipment Desk located near the basketball courts, as well as showers in all of our locker rooms. Squeaky clean and FULL of endorphins!
Weight lifting isn’t just for bodybuilders! Strength training has a ton of health benefits and can adapt to all fitness levels and abilities. Our facility offers a variety of spaces for weight lifting which feature dumbbells, benches, squat racks, and more. Each space offers something slightly different to build strength and test your limits. Cam’s Weight Room is located on level 2 off the track, Aggie Weight Room is located on level 2 at the far west end, and a new weight room, currently in the works, will be on level 1 near the basketball courts and studio 3.

Not sure where to start? Feeling a little gym-timidated? Our Facilities student staff can help you with the basics, like how to set-up a machine or where to locate a particular piece of equipment (look for the bright green shirts). Need more advanced help such as a planning a workout routine? Our Personal Trainers are here for you! Sign-up for a one-on-one training session (or sign-up with a friend) and get individualized workout advice and direction.
With lap lanes, a zero depth entry, ADA lift, rock wall, lazy river, volleyball and basketball area, 40-person spa, steam room, and sauna... we’re pretty confident you’ll find something to love at the Aquatic Center. Pool access is available from the men’s and women’s locker rooms or through the gender inclusive changing area (check out the map on page 7 to find your way).

Wondering what to wear? We ask that patrons wear attire specifically designed for swimming (modesty t-shirts are allowed). Otherwise, wear whatever swim attire you are most comfortable in! Swimsuit dryers are located in all of our locker rooms when you are done.

In addition to our amazing Aquatic Center, we offer private, partner, and group swimming lessons to help introduce you to the water or improve your skills. We also offer a variety of American Red Cross courses to CSU students including CPR/AED for the Professional Rescuer, First Aid, and Lifeguarding. Head to our website to learn more!
Procrastinators, welcome! Drop-In is a great way to spontaneously meet new people and have some fun. Activities include table tennis, volleyball, badminton, basketball, racquetball, indoor soccer, and volleyball and hours vary per activity. You can find the current semester schedule on our website or at the Service Center in the Student Recreation Center lobby.

Don’t have equipment? Don’t worry! We’ve got racquets and paddles and balls (oh my!) available for checkout at the Equipment Desk near the basketball courts. And it is all FREE to members.

In addition, our studios, indoor and outdoor basketball courts, and outdoor sand volleyball courts are always available for drop-in use whenever there isn’t a scheduled reservation or class, making it easy for you and your fellow Rammies to throw together some last minute recreation.

IT’S HOT

DROP IN LIKE

DROP-IN
The Fitness Program is your place to go for motivation, inspiration, and finding your squad! From new friends in Group Fit classes to a knowledgeable and encouraging Personal Trainer, you are sure to find a workout sidekick.

Group Fit classes, such as Zumba, Kickboxing, and Battle Ropes, are included with your Student Recreation Center membership. Members can also participate in a variety of Mind/Body and Cycle classes with the purchase of a semester pass (or give a class a try with a $4 day pass).

To learn a more specialized skill or develop existing skills, we offer a variety of Dance and Martial Arts courses each semester ranging from Judo to Studio Dance. Courses vary in length and price each semester.

Ready for some motivation? Our Personal Trainers are here to help you reach your fitness goals. Personalize your workout with individual or partner training sessions. Find out more about our entire Fitness Program at, you guessed it, our website!
Do you have a competitive fire that’s roaring for more fuel? Our Intramural Sports Program offers tons of leagues and tournaments each semester from flag football to soccer, kickball, tube water polo, and more. Different divisions (women’s, men’s, coed, or open) are offered depending on the sport and some sports offer both recreational and competitive leagues.

IM Memberships are $10 per person, per semester. Summer memberships are FREE but you still need to register to play. That’s not a bad price for unlimited nights filled with fun competition! Our favorite part? The winning participants in each league, tournament, or event receive an IM championship t-shirt (highly coveted on campus)! But remember, you don’t have to win to get the best prize of all... awesome memories (cue the “awwws”).

The current schedule is always posted on our website, or you can pick one up at the Service Center or IM Sports desk in the lobby of the Student Recreation Center.
Take the competition to the next level by joining a sport club, which are student-managed teams that train together, travel, and compete on a national level. We offer dozens of programs ranging from Rugby and Soccer to Water Polo and Rodeo.

As student-managed organizations, team members are involved in fundraising, coaching selection, budgets, and more. Sport Clubs students are serious athletes and games/matches are held throughout the state and country. Our teams are kind of a big deal, too, raking in over 25 national championships! Way to be, Rams!

Informational sessions for Sport Clubs are held at the beginning of the fall semester and each team has different procedures for recruitment, tryouts, and dues. Find out more about each team (including contact info for each sport club team’s president) on our website.
Achieve your Rocky Mountain high with our Outdoor Program, which offers over 50 different guided trips, clinics, and events each semester. Learn to ski, rock climb, or snowshoe, or join a more advanced trip like backcountry skiing or ice climbing. Trip costs vary depending on the length and amount of planning needed, but you can be sure that all needed equipment items are included in the cost.

Want to experience #NEATure on your own? Get all the gear you need with the purchase of an outdoor gear rental pass. We offer tents, sleeping bags, backpacks, snowshoes, and more. In addition to gear rentals, the Outdoor Resource Room (located in the lobby of the Student Recreation Center) also provides guidebooks, maps, and advice from our staff of experienced outdoor enthusiasts to help you plan your next trip. We do live in ColoRADo, so take advantage!
Our Climbing Wall features tons of bouldering space and two towers for roped climbing. Bouldering is available anytime the building is open and roped climbing hours start at noon during weekdays and at 3:00 PM on weekends.

We offer free equipment rentals to Student Recreation Center members including climbing shoes, harnesses, belay devices, lead ropes, and dry ice tools. Find all of these items at the Climbing Wall desk in the lobby.

Check in and get a wristband at the Service Center or at the Climbing Wall desk during roped climbing hours (you’ll know the desk is open if a staff person is there). Aside from answering your questions or giving you some route advice, our knowledgeable staff also offer belay training, climbing wall classes, and semi-annual bouldering competitions. Climb on, Rams!
Since we’re all about the pursuit of a healthy lifestyle, we recognize that helping your body relax and recover is just as important as pushing it to reach your fitness goals. Our Massage Therapy program offers 11 different massage styles in either 30, 60, or 90 minute sessions. Our massage studio is located conveniently off the lobby of the Student Recreation Center, so you don’t need to go far to restore your mind and body. (Our massage rooms also serve as private lactation spaces for nursing parents!)

Are you hosting a special event on campus? Hire one of our therapists to offer chair massages to your guests! We promise they will LOVE it.

Visit our website to learn more about all of the services offered by our Massage Therapy program. Relax, ‘cause we got your back.
GENERAL REC DEFINITIONS

Circuit-Training: Performing a series of exercises, one after the other, with minimal rest
Cycling: A group cardio workout led by a certified instructor using stationary exercise bikes
Drop-Sets: Performing a set to failure, then removing a small percentage of the weight and continuing with the set
Functional Training: Training the body for the activities performed in daily life
Gains: Increasing in muscle size or being able to lift more weight
HIIT: High-Intensity Interval Training. Alternating bursts of intense activity with low intensity recovery periods. Also known as interval training
Max: The maximum amount of weight someone can lift for at least one rep in an exercise
Recovery: Rest period to let the body relax and heal
Reps: Short for repetitions, or how many times you perform an exercise within a set
Sets: A cycle of exercises. For example: 3 sets of 10 push-up reps means you do 30 push-ups total with breaks between each 10
Spot: When you aid someone in their workout
SuperSets: When you do 2 or more exercises without a rest period (squat sets right to leg press sets)
Tabata: Style of interval training that includes 20 seconds of high intensity exercise and 10 seconds of rest for 8 minutes per round

GENERAL REC LINGO

“Can I get a spot?” – Means you would like assistance with your lift
“How many sets?” – Means you want to know how much longer someone is going to be using a particular piece of equipment
“How can I work in?” – Means you want to get a set in on a piece of equipment while someone is resting between their sets
“What are you lifting today?” – Means you want to know what major muscle groups someone is working out that day (e.g. leg day)

CLIMBING DEFINITIONS

Approach: The route or walk to the base of a climb
Belay: The system that stops a climber from falling using ropes and harnesses
Beta: A specific step-by-step description of a climb. Also used to refer to general info about a topic
Carabiner: The metal clip that connects various parts of a climbing system
Crag: A small cliff
Crux: The toughest part or move on a climb
Problem: The route a boulderer is climbing on a rock
Route: The path a roped climber is taking on a rock
Send: A successful ascent or climb of a problem
Spot: Aiding and watching out for someone while they’re bouldering in case they fall

CLIMBING LINGO

“Belay?” – Means are you ready to belay me? Asked by the climber to the person belaying
“Belay On!” Response to “Belay?” said by the belayer – Means I’ve got you on belay
“Climbing!” – Means I am now climbing. Said by climber after they hear the belayer say “Belay on!”
“Climb on!” Response to “Climbing,” said by the belayer – Means I am now ready to belay you

YOGA DEFINITIONS & LINGO

Asana: Refers to any yoga pose or posture
Mantra: A few words or syllables to repeat while meditating or moving through yoga
“Namaste” – Means your spirit acknowledges the spirit in another, usually said at the end of a yoga practice or as a greeting
Sanskrit: An ancient language with origins in India, used to define yoga poses and practices