

**IOWA STATE  
REC SERVICES**



***SELF-GUIDED TOUR***

LIED  
LIED  
**LIED REC**  
LIED  
LIED

***BUILT IN 1990***

**SWIPE TO BEGIN**

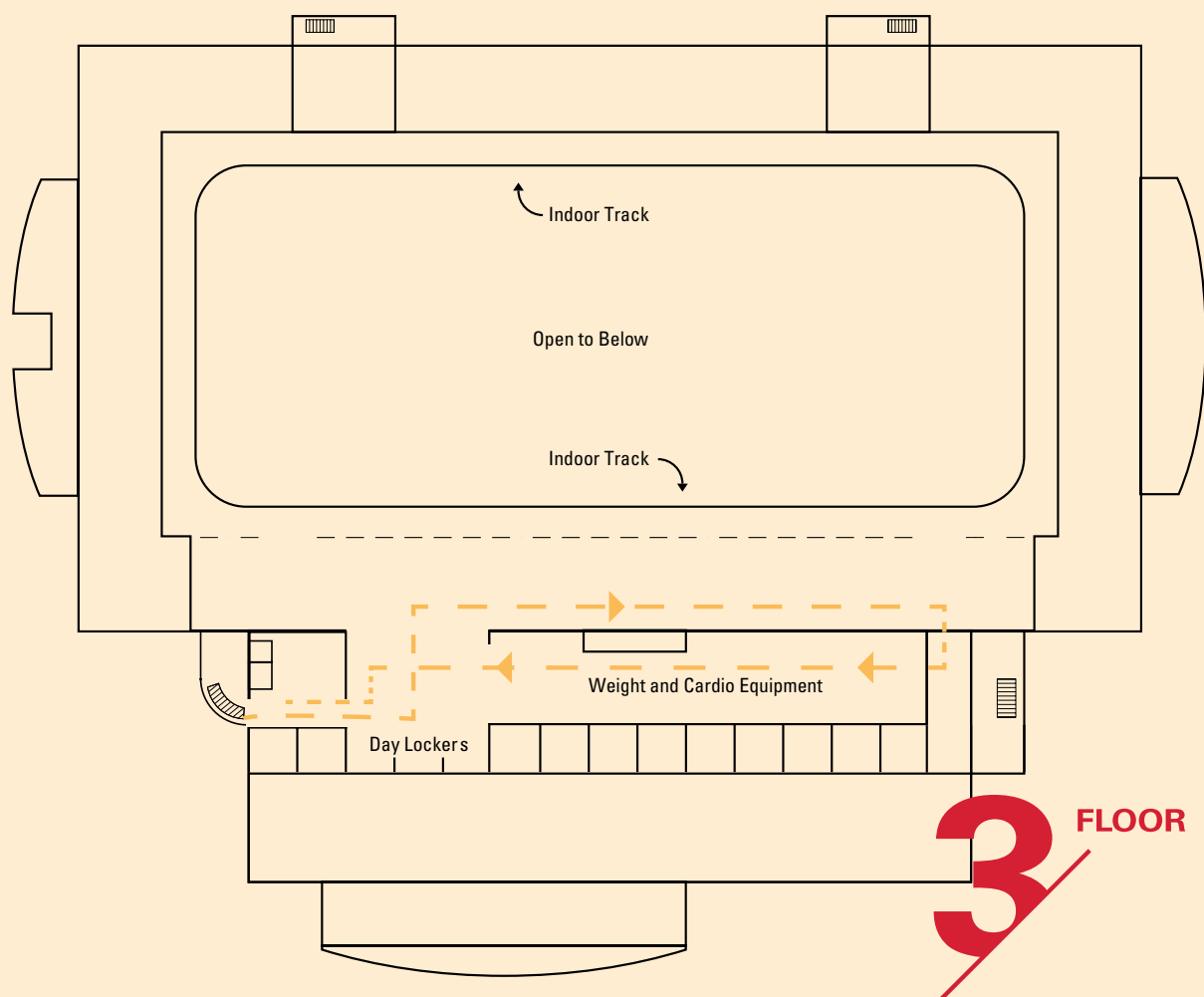
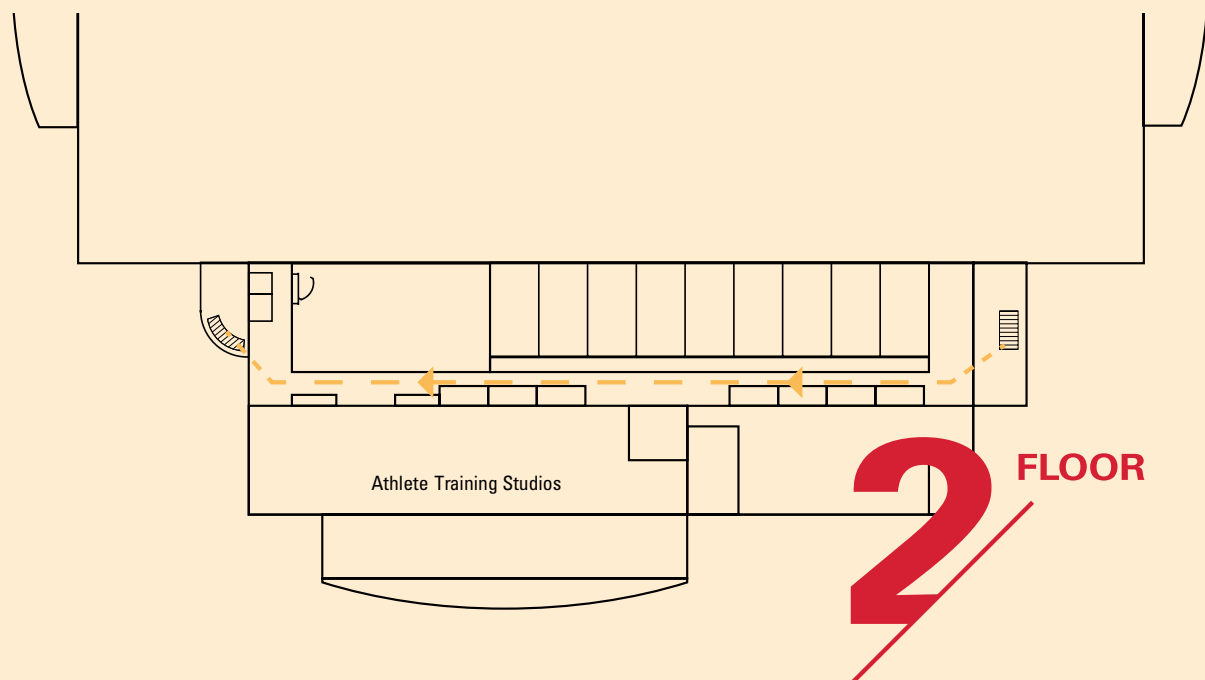
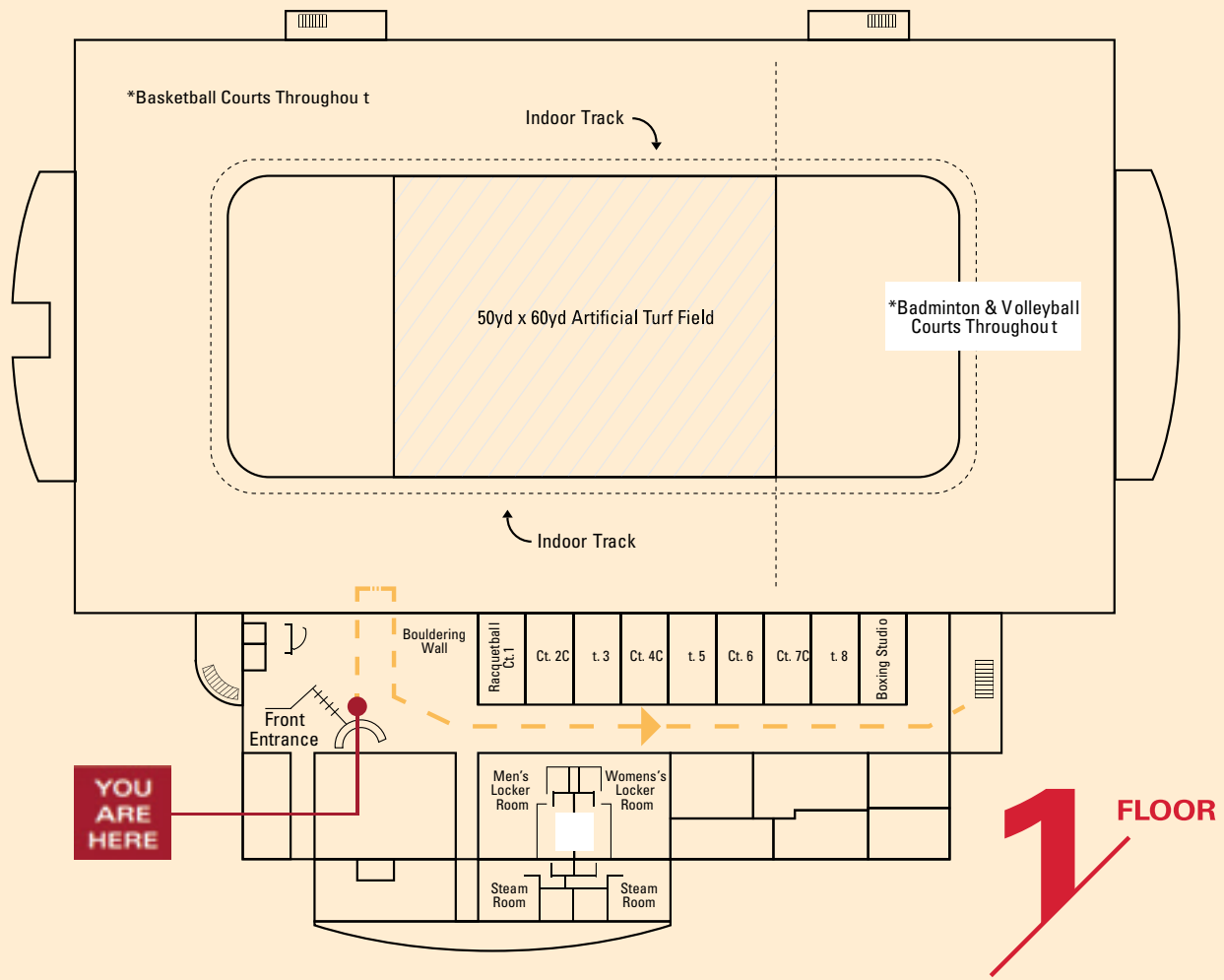


- + BOULDERING WALL
- + INDOOR TRACKS
- + ARTIFICIAL TURF
- + BASKETBALL COURTS
- + VOLLEYBALL COURTS
- + BADMINTON COURTS
- + WEIGHTLIFTING EQ
- + CARDIO EQ
- + STEAM ROOMS
- + STRETCH / WARM-UP AREA
- + BOXING STUDIO
- + FUNCTIONAL TRAINING EQ

ESSEES



# TOUR ROUTE





# TURF & TRACK

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*Lied is home to one of the largest indoor fields in Ames, Iowa. With over 3,000 sq yards of artificial turf, Lied indoor field is a great place for practices, events, and pickup games!*

*From sports clubs to ISU ROTC, Lied indoor field is a great place to practice all of your athletic skills!*

**CONTINUE STRAIGHT**



# TURF & TRACK

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***Lied is home to one of the largest indoor fields in Ames, Iowa. With over 300 sq yards of artificial turf, Lied indoor field is a great place for practices, events, and pickup games! Lied's lower track is used by Iowa State's Division 1 Athletics team. Indoor meets are hosted here.***

*The majority of the time, hoops are down and nets are up for pickup basketball and volleyball (in addition to, pickup soccer or frisbee). It also serves as an indoor practice field for numerous sport clubs.*

**KEEP SWIPING**





# BASKETBALL COURTS

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***Lied Recreation Center has over 20 basketball courts available for students to play at any time!***

*The courts are available for use during facility hours for pickup games, but are also used for events and intramurals.*

**TURN BACK TO THE BOULDERING WALL**







**BEGIN FORWARD TO VIEW  
THE BOULDER WALL**



A photograph of two men climbing a boulder wall. The man in the foreground is wearing a grey t-shirt and black shorts, and is reaching up to grab a green hold. The man in the background is wearing a light blue t-shirt and black shorts, and is also reaching up to grab a blue hold. The wall is made of grey concrete and has various colorful holds (yellow, green, red, blue, purple) attached to it. A white safety mat is visible at the bottom of the wall.

# BOULDERING WALL

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*The bouldering wall, is a great place to practice all of your climbing skills. Keep an eye out for our bouldering events, they're super fun!*

*Don't have the right equipment?  
No worries! Turn around and  
head over to the front desk  
to checkout equipment*

**TURN LEFT, DOWN THE  
HALLWAY PAST THE STUDIOS**





**LOOK LEFT TO SEE OUR RACQUETBALL COURTS AND THEN OUR BOXING STUDIO**

**LOOK RIGHT TO SEE MEN'S & WOMEN'S LOCKER ROOMS**

**CONTINUE DOWN THE HALLWAY**



# RACQUETBALL & BOXING STUDIOS

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*Located on your left are four racquetball courts.*

*The first three are dedicated to Racquetball, hence the floor to ceiling protected walls. Grab a racquet at the front desk!*

*The last studio hosts one of our most popular fitness classes... **BOXING!** Claim your spot and sign up on our website!*

**KEEP WALKING STRAIGHT DOWN  
TO THE END OF THE HALLWAY**





**CONTINUE FORWARD  
AND HEAD UPSTAIRS TO FLOOR 2**



# OLYMPIC TRAINING ROOM

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***Authorized students are welcomed to use the olympic training room!***

*From tons of new lifitng racks to Rouge equiment, the training room helps our athletes get to the next level! Must be authorized student athlete.*



# WRESTLING ROOM

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## ***D1 Athletics Wrestling Studio***

*As members of the Big12 and nationally acclaimed, the Iowa State wrestling studio has helped shaped some of the nation's best wrestlers. **Must be authorized student athlete to enter.***





**CONTINUE FORWARD  
AND HEAD UPSTAIRS TO FLOOR 3**





# UPPER LIED TRACK

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***The Upper Lied Track overlooks the indoor turf field, basketball, and volleyball courts.***

*5.5 laps = 1 mile and it can be used for running, jogging, or walking.*

**Turning right, please stay in outer lane.  
WALK TO END OF STRAIGHTAWAY  
AND TURN RIGHT TO SEE OUR  
TRX STUDIO**



# FITNESS / TRX STUDIO

**AFTER VIEWING THE TRACK, YOU ARE NOW IN OUR FITNESS / TRX STUDIO!**



***From box jumps to bands, this fitness studio has many additional kinds of equipment for you to use.***

*Lied has TRX classes that incorporate band resistance workouts. These classes fill up fast! Sign up on our website!*

**CONTINUE STRAIGHT TO VIEW OUR WEIGHTLIFTING AND CARDIO AREAS**



# CARDIO EQUIPMENT

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*Featured on your right are our cardio machines such as treadmills, stairmasters, and so much more.*

**LOOK LEFT**



# WEIGHTLIFTING EQUIPMENT

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*Lied provides several racks and lifting platforms for all kinds of olympic lifts. Machines are spread out over the remaining 3rd floor for you!*

**CONTINUE STRAIGHT**





**CONTINUE STRAIGHT TO END OF  
CARDIO & WEIGHT AREA**



**PLEASE TAKE THE ELEVATOR  
OR STAIRS DOWN!**





*AT THE END OF THE STAIRS,  
TURN RIGHT TO EXIT BUILDING*

# THIS CONCLUDES YOUR TOUR OF LIED REC

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FOR MORE INFORMATION  
ON OUR OTHER FACILITIES  
ON CAMPUS, SWIPE TO  
CONTINUE!



- + BASKETBALL COURTS
- + VOLLEYBALL COURTS
- + BADMINTON COURTS
- + INDOOR TRACKS
- + MULTIPURPOSE ROOMS
- + WEIGHTLIFTING EQ
- + CARDIO EQ
- + LEISURE POOL
- + CYCLING STUDIO
- + FUNCTIONAL TRAINING EQ
- + BOULDERING WALL
- + TOP-ROPE WALL
- + OUTDOOR RECREATION PROGRAM

# STATE GYM



- + 75 FT LONG SWIMMING POOL
- + RACQUETBALL
- + SQUASH
- + BASKETBALL
- + VOLLEYBALL
- + FUNCTIONAL TRAINING ROOM
- + ESPORTS AND GAMING ROOM

# BEYER HALL





- + 300 SQ YD INDOOR TURF FIELD
- + 2 INDOOR TRACKS
- + BOULDERING WALL
- + RACQUETBALL, BASKETBALL
- + VOLLEYBALL, SOCCER
- + WRESTLING TRAINING ROOM
- + BOXING STUDIO

# LEED CENTER

