

**IOWA STATE
REC SERVICES**



SELF-GUIDED TOUR

STATE
STATE
STATE GYM
STATE
STATE

BUILT IN 1913

SWIPE TO BEGIN

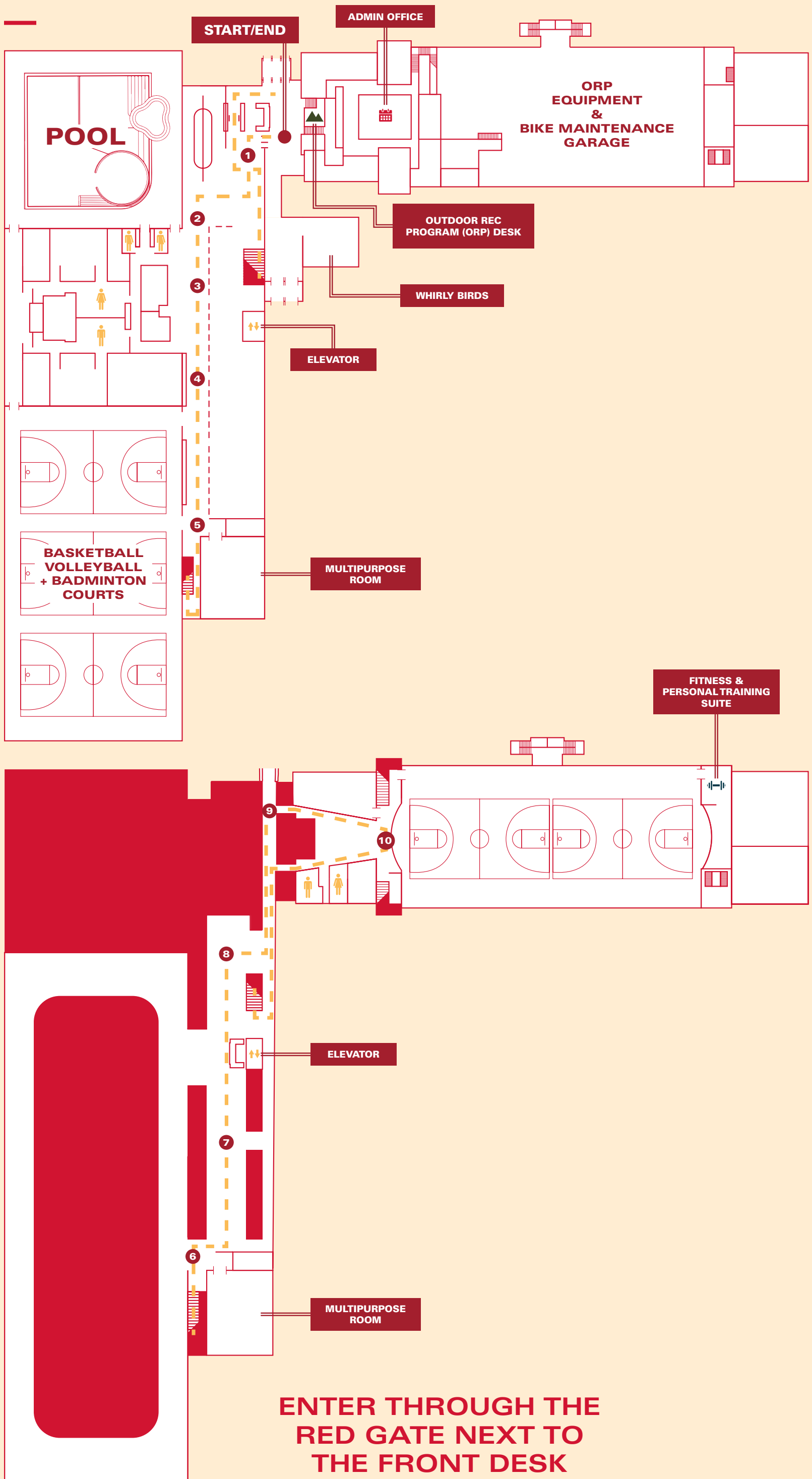


- + BASKETBALL COURTS
- + VOLLEYBALL COURTS
- + BADMINTON COURTS
- + INDOOR TRACKS
- + MULTIPURPOSE ROOMS
- + WEIGHTLIFTING EQ
- + CARDIO EQ
- + POOL AREA
- + CYCLING STUDIO
- + FUNCTIONAL TRAINING EQ
- + BOULDERING WALL
- + TOP-ROPE WALL
- + OUTDOOR RECREATION PROGRAM

STATE GYM



TOUR ROUTE





**TURN RIGHT TOWARDS THE POOL
TO VIEW THE CLIMBING WALLS**



CLIMBING WALLS



State features a bouldering wall, and a 40ft top-rope wall with 10 ropes with 22 routes with varying difficulty.

Top-rope workshops are available throughout the semester and multiple Intramural competitions are held at the walls during the semester.

**TURN LEFT AND CONTINUE
STRAIGHT PAST THE POOL**





POOL



The pool features a hot tub, high dive, volleyball area, basketball hoop, and a whirl pool.

Available during open swim and lapswim hours, the pool is also used for aquatic fitness classes and intramurals.

CONTINUE STRAIGHT



LOWER WEIGHT SECTION



The lower free weight and selectorized equipment areas are all you need for a full body workout.

Includes cables, machines, platforms, bench, dumbbells, and much more.





**CONTINUE RIGHT AND VIEW THE
COURTS ON YOUR RIGHT SIDE**

RECREATION SERVICES



COURTS



***The State Gymnasium
has three courts used for
badminton, volleyball, &
basketball.***

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

**CONTINUE STRAIGHT AND
TURN RIGHT UP THE STAIRS**





**CONTINUE UP THE STAIRS TO VIEW THE
MULTIPURPOSE ROOM ON YOUR RIGHT**



MULTIPURPOSE ROOMS



There are two multipurpose rooms in State used for fitness classes and events

The upper multipurpose room is used for fitness classes such as; dance, complete core, yoga, cyclone sculpt, and more!

Fitness classes are free to members and a great way to meet friends while getting a workout in.

VIEW ONE OF STATE'S TRACKS ON YOUR LEFT AT THE TOP OF THE STAIRS





WEST TRACK



The West Track is 1/8 of a mile and overlooks the basketball, volleyball, and badminton courts.

At each corner of the track there are additional dumbbells and manual stationary bikes.

TURN RIGHT AT THE TOP OF STAIRS TO VIEW THE CARDIO EQUIPMENT AREA



CARDIO EQUIPMENT



*Featuring treadmills,
ellipticals, bikes, rowers,
stairmasters, and more!*

*State has over 125 weight and
cardio equipment, much of
which are our cardio machines
that cover the largest area of the
second floor.*

CONTINUE STRAIGHT





**CONTINUE STRAIGHT TO VIEW THE
UPPER SELECTORIZED WEIGHT AREA**

**THIS AREA FEATURES MANY OF THE
SAME MACHINES DOWNSTAIRS**



ADA & FUNCTIONAL EQUIPMENT

TURN RIGHT AFTER PASSING THE UPPER WEIGHT SECTION, THIS AREA WILL BE ON THE RIGHT



Our facilities provide ADA accessible equipment for our members to receive a full body workout.

The ADA & functional equipment area includes ADA accessible machines, functional equipment, and more! There is direct access to the elevator next to the restrooms.

CONTINUE STRAIGHT TO VIEW THE CYCLING ROOM ON YOUR LEFT



THE CYCLING ROOM WILL BE ON YOUR LEFT ACROSS FROM THE EAST GYM

	Zone 1	Zone 2	Zone 3	Zone 4
INTENSITY	Easy	Moderate	Hard	Breathless
RIDE	Light Warm-Up & Recovery Pace	Challenging, but Comfortable Training Pace	Challenging & Uncomfortable Training Pace	Aerobic Training Pace
% OF MAX HEART RATE	50-65%	65-75%	75-85%	85-90%
HOW SHOULD IT FEEL?	Can still comfortably breathe through your nose. Feeling easily on a fat burn.	Beginning to feel as if you need to breathe through your mouth, but can still carry on a conversation.	Can still speak a few words, but not full sentences. Hard to carry on a conversation.	Out of breath and can only maintain this intensity for very short periods of time.

THE CYCLING ROOM IS USED FOR CYCLING FITNESS CLASSES

EAST GYMNASIUM

**LOCATED BEHIND THE ADA
& FUNCTIONAL TRAINING AREA**



***East State Gym is the
oldest standing portion of
the building from 1913.***

*Used for events and intramurals,
the “Old State Gym” is also
available for drop-in use.*

*Overseeing the courts is
an indoor track that can be
accessed through the stairs next
to the entrance.*





TURN LEFT AND CONTINUE STRAIGHT TO THE STAIRS ON YOUR RIGHT TO RETURN TO THE FRONT OF THE BUILDING

THIS CONCLUDES YOUR TOUR OF STATE GYM

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



- + BASKETBALL COURTS
- + VOLLEYBALL COURTS
- + RACQUETBALL COURTS
- + INDOOR TURF FIELD
- + WEIGHTLIFTING EQ
- + CARDIO EQ
- + INDOOR TRACKS
- + BOXING STUDIO
- + FUNCTIONAL TRAINING EQ
- + BOULDERING WALL

LEED REC CENTER



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

BEYER HALL

