



Recreation & Wellness Committee
October 9, 2025 | 12:00pm
Student Union North – Student Chambers (SUN-3305)
ZOOM: <https://csusb.zoom.us/j/88678204840>

AGENDA

1. Call to order
2. Roll call
3. Approval of Minutes
 - a. September 11, 2025
4. Open Forum (3 min per speaker)
5. Adoption of Agenda

Old Business

No old business.

New Business

- | | |
|----------|--|
| RW 05/26 | Recreation and Wellness Outdoor Space (Discussion, Diego) |
| RW 06/26 | CSUSB Recreation & Wellness: Inspection and Repair of Climbing Wall by EP Climbing, Budget Impact: \$5,108.75, Chartfield: 660876-RO001-S7100 (Action, Oswood, Kinnally) |
| RW 07/26 | Proposal to Create a Permanent Mind and Body Instructor Role at The Retreat, Budget Impact: \$5k annually. Increase budget line 601303-RO001-S7187 (Action, Martinez) |
| RW 08/26 | LCC GA Proposal (Action, Oswood, Kinnally) |
| RW 09/26 | Recreation and Wellness Committee Survey Results 10-minutes (Discussion, Rendon) |
| RW 10/16 | Cold Plunge Research and Pricing (Discussion, Kinnally) |

Announcements

Adjournment



Recreation & Wellness Committee

September 11, 2025 | 12:00pm

Student Chambers (SUN-3305)

ZOOM: <https://csusb.zoom.us/j/88678204840>

MINUTES

Members Present: Sean Kinnally, Trent Morgan, Cintiantl Rangel-Canseco, Diego Rendon, Sarah Sanchez

Members Absent: All members present.

Staff Present: Vilayat Del Rossi, Elizabeth Junker

Call to Order: The meeting was called to order at 12:06 pm.

Roll Call: A verbal roll call of members was conducted. Quorum was met.

Approval of Minutes:

M/S Diego/Rangel-Canseco motion to approve the minutes from April 11, 2025.

Motion passed.

Open Forum:

No members of the public were present for open forum.

Adoption of Agenda:

M/S Diego/Rangel-Canseco motion to adopt the September 11, 2025 agenda as presented.

Motion passed.

OLD BUSINESS

No old business.

NEW BUSINESS

RW 01/26 Election of Committee Chair (Action, Kinnally)

M/S Diego/Rangel-Canseco motion to open RW 01/26 Election of Committee Chair.

The committee opened with nominations for the Chair position. Both Cintiantl and Sarah were nominated and accepted their nominations. Cintiantl, a returning committee member, and Sarah, a first-time member, engaged in a collaborative discussion regarding the leadership role. The committee reached a consensus that Cintiantl would serve as Chair for the fall semester, with Sarah shadowing her in preparation to assume the role in the spring, following Cintiantl's graduation. Mr. Del Rossi expressed support for this succession approach, noting that pairing a returning member with a new appointee promotes leadership continuity and a smooth transition.

M/S Diego/Rangel-Canseco motion to approve item as discussed.

Motion passed.

RW 02/26 Request for Additional Funding: VETI Grant Cardio Equipment Project (Action, Kinnally)

M/S Diego/Kinnally motion to open RW 02/26 Request for Additional Funding: VETI Grant Cardio Equipment Project.

Mr. Kinnally discussed a proposal to replace cardio equipment using \$12,000 from the VETI grant, including six treadmills, one additional climber, and one bike. The committee agreed this was a good proposal, with Cintiantl confirming the need for replacements due to high usage and parts availability issues. Mr. Kinnally explained that while the grant would cover \$12,000, any additional costs would need to be approved by the board and paid for through state funding. The committee requested that Mr. Kinnally bring this back to a future meeting with completed quotes.

M/S Kinnally/Rendon motion to table this item for a future meeting.

Motion passed.

RW 03/26 Upcoming Recreation and Wellness Center projects: day-use lockers, office printer, and wood floor resurfacing and resealing group ex rooms (Discussion, Kinnally)

M/S Rendon/Kinnally motion to open RW 03/26 Upcoming Recreation and Wellness Center projects: day-use lockers, office printer, and wood floor resurfacing and resealing group ex rooms.

Mr. Kinnally provided an overview of upcoming maintenance and improvement projects planned for the Recreation Center. He informed the committee that he may resubmit a VETI Grant proposal for the replacement of aging day-use lockers, which were not funded in the previous cycle. He also plans to bring forward a proposal for replacing the office printer during the current semester. Additionally, Mr. Kinnally shared that he is exploring options for resurfacing and resealing the Group X room floors, with the goal of completing the work during winter or spring.

break. These proposals will be brought to the committee for review and potential action at future meetings.

The committee also discussed the need to promote the saunas more effectively, particularly as winter approaches, and agreed to coordinate marketing efforts. In addition, members clarified the basic usage requirements for the saunas, which include bringing a towel and sandals, and rinsing off before use.

RW 04/26 Committee Brainstorming for Potential Updates, Improvements, or Programs (Discussion, Kinnally)

M/S Kinnally/Rendon motion to open RW 04/26 Committee Brainstorming for Potential Updates, Improvements, or Programs.

The Recreation and Wellness Committee held a brainstorming discussion on potential updates and improvements to the Rec Center. Ideas included adding lounge chairs, painting a coyote mural, and possibly installing a cold plunge bath. The group agreed it would be helpful to gather student feedback through surveys or focus groups to better understand what students want to see. Mr. Kinnally offered to bring sample photos of cold plunge baths to the next meeting to help the committee visualize options. Mr. Kinnally shared that pool hours have recently expanded thanks to more lifeguards being hired. The committee also talked about bringing an InBody scan machine to the wellness center, which would give students access to detailed body composition info. They're considering applying for a VETI grant to fund the \$12,000 equipment, which would offer something different from the DEXA scanner in the kinesiology lab.

As part of a bigger conversation about long-term planning, Mr. Del Rossi shared some background on the Rec Center's history and current budget. He noted that while the Rec has expanded over the years, it's done so without additional funding, something that could be addressed in future planning. Cintiantl expressed interest in expanding Rec Center offerings and improving student wellness access. To help build engagement, the student leaders on the committee planned to table at the Recreation and Wellness Center on Thursday, September 25th, from 5:00 – 6:00 pm to get student feedback on what they'd like to see at the gym.

Announcements/Program Updates

- No announcements were made.

Adjournment

M/S Kinnally/Marsh motion to adjourn the meeting at 12:49 pm.

Reviewed and Respectfully Submitted by:

Cintiantl Rangel-Canseco, Committee Chair

Date

CSUSB Recreation & Wellness: Inspection and Repair of Climbing Wall

Proposed by: Mark Oswood, Adventure Program Coordinator

Background:

The CSUSB Recreation & Wellness Department's Climbing Wall was built in 2005 and opened in 2007. The wall is 34' tall and has 7 top ropes stations. The life cycle of the wall was planned for 20 years. The wall is now over 20 years old. The manufacturer recommends an inspection be done every 2 years. Our wall was last inspected in August 2024 by our Challenge Course vendor as Entre Prises inspections cost significantly more than (\$3000+). Entre Prises last inspected the wall in 2016.

Proposal:

Recreation and Wellness would like Entre Prises to inspect the Recreation and Wellness climbing wall, repair and replaces stuck T-nuts, and evaluate the wall for a remodel. (\$5,108.75)

Rationale:

The climbing wall is 20 years old has many stuck holds and T-nuts that need to be replaced. The manufacturer of the wall has a unique expertise and can give us the most detailed inspection. That are also experienced in repairing our type of wall. They will also provide a proposal to modernize our climbing wall. Climbing styles and trends have changed over the 20 years since our wall was built. A remodeled wall can enhance the climbing experience, have more dynamic and creative routes, increase usage, and stay up to date with industry standards.

Budget Impact:

The expense will be charged to account 660876-RO001-S7100

Timeline:

If approved the inspection ad repairs will take place January 2026.



63085 NE 18th Street
Suite 101
Bend, OR 97701
541.388.5463

CLIMBING WALL INSPECTION PROPOSAL

Date: 9.18.2025

Client: CSU - San Bernardino
Address 1: 5500 University Pkwy
Address 2:
City, State, Zip-Code San Bernardino, CA 92407

Contact: Mark Oswood
Email: moswood@csusb.edu
Phone 1: 9095373863
Phone 2:

Original Job Name:
Original EP Job Number:
Year installed: 2005

	Surface Area
Freeform Surface:	1,000
Imprint Surface:	-
Mozaik Surface:	
Other Surface:	-

Total Surface Area to be Inspected: 1,000

INSPECTION:

EP Inspection:	1	ea	\$ 4,423.75	\$4,423.75
T-nut Replacement, Stuck Holds	-	ea	\$ 510.00	\$510.00
Materials	-	ea	\$ 175.00	\$175.00
	-	ea	\$ -	\$0.00
	-	ea	\$ -	\$0.00
	-	ea	\$ -	\$0.00
TOTAL BY EP:				\$5,108.75

not including taxes

Accepted by	Title	Date
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NOTES: This is a Multi day service 1 Day inspection 1 Day T-nuts replacement and removing stuck holds.

*Service includes a full inspection of the climbing wall and the associated equipment (ropes, harnesses, belay devices, carabiners, slings, draws, etc.). A full report will detail the recommendations for the climbing wall.

*The pricing presented in this proposal reflects the coordination with other facilities in the same geographical area to have services performed during the same trip. This is a shared cost option utilized to bring a lower cost to each facility. This pricing is dependent upon successful coordination of these facilities. EP Climbing will make efforts to attain that result.

*Service includes labor, travel expenses, shipping, and materials (if specified).

*Power to be supplied by customer (can be power in area or generator sufficient to operate equipment).

TERMS AND CONDITIONS OF INSPECTION SERVICE

This Proposal is entered by and between EP Climbing, whose principal place of business is located at 63085 NE 18th St., Suite 101, Bend, OR 97701 and CSU San Bernardino, whose principal place of business is located at 5500 University Pkwy San Bernardino, CA 92407 ("Customer").

This Proposal is valid for thirty (30) days from September 18 2025, and due to volatility in costs, including travel, work NOT scheduled and executed within 60 days of this date may be requested.

The Inspection report will include current wall status and recommendations for future wall maintenance and use. Minor maintenance will be accomplished if possible, during the inspection, but any additional time required will be billed at day rate plus expenses, with prior written approval. See scope of inspection and report below for more information.

GENERAL

EP Climbing agrees to carry out an Inspection of the Customer's climbing wall described in the Inspection Proposal attached hereto, in accordance with these Terms and Conditions.

TIMING OF INSPECTIONS

While there are no nationally mandated requirements for the maintenance and inspection of climbing facilities, the Climbing Wall Association ("CWA") does provide recommendations. As the standard-setting organization for the manufactured climbing wall industry, the CWA notes that inspection frequency varies with the specifics of the climbing surface and thus should be determined by the manufacturer. In every case, an initial inspection should be carried out before first use of the climbing surface. CWA recommends inspection frequency should follow manufacturer guidelines. If manufacturer guidance is unavailable, inspection frequency should not exceed twenty-four (24) months for outdoor climbing structures, or forty-eight (48) months for indoor climbing structures. EP Climbing recognizes the expertise of the CWA and values the safety of its customers and therefore, recommends an inspection schedule of at least every two (2) years for climbing walls, or more frequently if indicated by manufacturer guidelines.

SCOPE OF INSPECTION

The climbing wall will be inspected in detail and EP Climbing will provide a detailed Inspection Report, identifying any maintenance needed. Some such maintenance may be carried out at the time of inspection for no cost (i.e., tightening loose bolts), and other work may be done for the cost of the replacement parts that the technician has on hand. Other maintenance may need additional authorization and would need to be scheduled for a later date.

The scope of this inspection is limited to an examination of the safely and readily accessible portions of the primary support structure and building connections, the secondary support structure, the anchors, climbing surface, equipment, and climbing area, for conditions which are adversely affecting their normally intended function or operation within the limits set forth in these Conditions and the Inspection Report.

Excluded is any inspection of items or equipment not included in the Inspection Report including, but not limited to the following: any information pertaining to other manufacturers' recalls of any component and any recertification of auto belays or other devices.

This inspection is not technically exhaustive. This is not an engineering inspection or analysis, and no engineering tests will be made. No examination will be made to determine compliance with any governmental ordinance, regulation, or code.

EP Climbing is not responsible for any condition affecting any system or component which occurs subsequent to the inspection or that is not detectable during the inspection.

REPORT AND CERTIFICATE OF INSPECTION

Upon completion of the inspection a detailed Inspection Report will be provided, including the items inspected, method of inspection, issue (if any) requiring maintenance, and any further action required. On completion of the inspection a Certificate will be issued confirming that the wall has been professionally inspected, and if no problems were found, that at the time of inspection, the wall was found to be safe for its intended use.

ACCESS

Customer agrees to provide access to the facility and equipment during normal working hours, at a time when the wall is not in use by climbers.

PRICE AND PAYMENT

Customer shall pay EP Climbing for the services the total indicated on the attached Inspection Proposal. Customer shall pay a late charge on any amount which remains unpaid forty-five (45) days after its due date. Overdue accounts shall bear interest at the rate of 18% per year.

LIMITED WARRANTY

EP Climbing warrants to Customer that the services will conform to the description set forth in the Inspection Proposal. EP Climbing's sole liability under the foregoing warranty shall be to provide the services described in Inspection Proposal. THE ABOVE WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING THE IMPLIED WARRANTIES OF MERCHANTABILITY, FITNESS, AND FITNESS FOR A PARTICULAR PURPOSE. EP Climbing warrants that it will perform all services in a good, workmanlike and professional manner, in accordance with the specifications, drawings, samples or other data or descriptions provided by Customer.

LIMITATION OF LIABILITY

EP Climbing's liability on any claim, loss or liability arising out of or connected with the services provided, shall in any case be limited solely to correction of the nonconformities which do not substantially conform with the agreed description of services in the Inspection Proposal. If for any reason EP Climbing is unable or fails to correct nonconformities as provided, EP Climbing's liability for damages arising out of any such failure, whether in contract or tort (including negligence), law or equity, shall not exceed the amounts paid by customer for that portion of the services which fail to conform. EP CLIMBING SHALL NEVER BE LIABLE TO CUSTOMER FOR LOST PROFITS, INCIDENTAL, SPECIAL, PUNITIVE, OR CONSEQUENTIAL DAMAGES IN ANY NATURE THEREOF, WHETHER OR NOT THE POSSIBILITY OF SUCH DAMAGES HAS BEEN DISCLOSED TO EP CLIMBING IN ADVANCE OR COULD HAVE BEEN REASONABLY FORESEEN BY EP CLIMBING, NOR SHALL EP CLIMBING BE LIABLE FOR ANY CLAIM OR DAMAGE ASSERTED BY ANY THIRD PARTY.

Any alterations, additions, or repairs to the climbing wall, unless authorized by EP Climbing, may terminate all obligations herein.

Any estimated date given for completion of any work shall not be of the essence of the agreement and EP Climbing shall incur no liability whatsoever for failure to complete by such date.

EP Climbing, in providing the inspection service, shall not be liable for any loss, damage, or any failure in the Customer's goods or any defect in them save to the extent that such loss, damage, failure or defect is caused by EP Climbing's negligence and notification thereof is received by EP Climbing in writing within fourteen (14) days of the date Customer discovered the loss, damage, failure or defect or ought reasonably to have discovered the same. Without prejudice to the generality of the foregoing, EP Climbing shall not be liable where such loss, damage, failure or defect is the result of the goods comprising old or worn materials or parts (not supplied by EP Climbing) or having been assembled, installed, altered or stored incorrectly (other than by EP Climbing).

FORCE MAJEURE

EP Climbing shall not be liable or deemed at fault for any delay or failure in performance under this Agreement for interruption of service resulting from acts of God, including communicable disease outbreaks, civil or military authority, labor disputes, shortages of suitable parts, materials, labor or transportation, or any similar cause

A Proposal to Create a Permanent Mind and Body Instructor Role at The Retreat

Proposed by: Sonia Martinez, Well-being Coordinator

Background: Since its opening in Fall 2021, The Retreat has served as a sanctuary for students, providing a quiet place for relaxation, rest, and participation in activities designed to promote mental well-being and stress reduction. Mindful practices like sound baths and meditation are gaining significant traction in the wellness community. By introducing these services at The Retreat, we can directly address a growing demand and provide the campus community with a valuable, modern tool for improving their well-being. This will not only enhance our current offerings but also position The Retreat as a leading destination for holistic wellness.

Proposal: I am requesting approval from the board to use The Retreat's reserves to fund a new Mind and Body Instructor position for the spring semester. I also propose that the board approve sustained funding to make this a permanent role moving forward. The goal is to enhance our services to the entire campus community..

Rationale: The following is the rationale provided in support for improving the space.

- Having a designated instructor would significantly reduce our reliance on off-campus contractors, saving The Retreat money in the long run.
- This role would give us an in-house expert to lead wellness activities for staff training and retreats, providing a consistent and convenient resource.
- With a dedicated instructor on staff, I can directly oversee all wellness services, allowing us to respond to and fulfill requests for these services much faster.
- This new position would allow The Retreat to expand our wellness offerings and attract a broader demographic interested in holistic health, thereby increasing overall program participation.

Budget Impact: To provide these additional services, we are looking for \$5,000 per academic year for this position. Request to increase budget line: 601303-RO001-S7187.

Timeline: The following is the timeline for the project.

- Post the job description on our website and hold interviews once this gets approved, hopefully before Fall semester ends.
- Onboard instructor and train them at the end of Fall semester or during the winter break.
- Create a class schedule for the Spring semester so they can teach weekly classes either at the SWRC, SMSU and/or The Staff Enrichment Center.

Supplemental Documentation: Please see the attached job description and interview questions for this role.



The Retreat: Mind & Body Instructor

Position Summary: The Mind & Body Instructor is responsible for leading a variety of mind-wellness classes, including sound baths and meditation, at The Retreat. This role requires a passionate individual with expertise in their field who is dedicated to providing a high-quality, welcoming, and safe experience for our community. The instructor will report to the Well-Being Coordinator and the Assistant Director of Fitness and Wellness.

Key Responsibilities:

- Design and lead engaging and progressive class routines for large groups, ensuring a creative and safe experience for all participants.
- Classes may include, but are not limited to, Sound Baths, Meditation, and other wellness classes.
- Demonstrate a working knowledge of all equipment necessary for the classes you instruct.
- Create a motivating and encouraging atmosphere, inspiring participants to achieve their wellness goals.
- Select and manage music that complements the class format and overall atmosphere.
- Maintain professionalism in all interactions with students, staff, and faculty, upholding the values of The Retreat.
- Adhere to the dress code, including a staff shirt, approved athletic bottoms, and athletic footwear.
- Actively participate in professional development through in-house training and external opportunities to stay current with wellness trends.
- Perform other related duties as assigned.

Qualifications:

- **Education & Certification:**
 - Must be a current student enrolled in a minimum of six (6) units at California State University, San Bernardino, maintaining a quarterly and cumulative G.P.A. above 2.0. (Opportunities are also available for non-student instructors).

- Possession of a current certification in CPR, AED, and First Aid is required.
- A certification from a nationally recognized organization is required and must be relevant to the class(es) being taught.
- **Experience & Skills:**
 - Demonstrated expertise in current wellness trends and a variety of mind-body class formats.
 - Ability to create a class atmosphere with appropriate music, rhythm, and beats.
 - Excellent communication skills and the ability to work effectively with a diverse team of students, staff, and faculty.
 - A minimum of one year of experience teaching a related wellness class is preferred.

Compensation: \$18 / hour



The Retreat: Mind & Body Instructor Interview Questions

Name of Applicant: _____ Date _____
Certified by: _____ Expiration date: _____
Student: yes/no Degree in: _____ Years experience: _____

1. Tell us a little about yourself, and why you are interested in this position?
 2. What do you know about the Mind & Body Instructor position?
 3. In addition to your previous experience, what other strengths do you have that would make you a better applicant?
 4. What is something you struggle with? What are you doing to improve upon it?
 5. Why do you believe meditation and sound baths are beneficial for a wellness routine? Please list three key benefits.
 6. Scenario: You are leading a guided meditation for 15 participants. You notice that six of them are restless, shifting, or looking around, clearly having trouble settling in. What are you going to do?
 7. What kind of personal practice are you following, and why?
 8. What resources do you use to continue your education and stay up to date with your certifications?
 9. If an experienced mind-body instructor; can you share a success story with a client and how you helped them achieve it?
 10. What contributions do you see yourself making to our program if you are hired?
 11. How can a job in this program help you meet your career objectives?
 12. Do you have any questions for us?
-

CLASS DEMONSTRATION

	Yes	No	Comments
Before Class			
Introduction/Welcomes Participants			
Announced Class Format			
Explained instructor's role as coach			
Ask about physical limitations/medical concerns			
Body of Class			
Class design for all levels			
Provides variations			
Teaching Technique			
Demonstrated good vocal quality			
Used effective verbal cues			
Music appropriate for style of class			
Checks-in with class periodically			
Cool-down			
Allows time for proper cool-down			

CSUSB Recreation & Wellness: CSUSB Adventure Graduate Assistant – Leadership Challenge Center

Background:

CSUSB Recreation & Wellness' Adventure Program launched in 2005 with trips and equipment rentals. In 2007, the Climbing Wall opened in the Student Recreation and Wellness Center. On May 22, 2013, the Leadership Challenge Center (LCC) opened and has seen steady growth in utilization since. For any group to participate on the LCC, we require at least one staff member certified as an Association for Challenge Course Technology (ACCT) Level 2 facilitator, acknowledging competency in safety and rescue skills.

A Graduate Assistant (GA) position previously helped us meet program demand by employing an ACCT Level 2–certified staff member. That GA role ended due to a lack of qualified, interested candidates. We subsequently explored hiring a full-time LCC coordinator but ultimately chose not to proceed.

Proposal:

Hire a Leadership Challenge Center Graduate Assistant to assist with all aspects of LCC operations.

- Serve as ACCT Level 2 lead facilitator for programs, trainings, and rescues.
- Manage scheduling, logistics, and day-of operations for internal and external groups.
- Support staff recruitment, onboarding, and skills development; help maintain the facilitator pipeline.
- Oversee maintenance logs, inspections, and equipment inventory in alignment with ACCT standards.
- Assist with program development, marketing/outreach, and customer communications.
- Contribute to risk management planning, incident documentation, and continuous improvement.

Minimum preference: current ACCT Level 2 certification (or documented eligibility to obtain/renew promptly).

Rationale:

- **Compliance & Safety:** An ACCT Level 2–certified GA ensures each program meets technical, rescue, and supervision requirements.

- **Continuity of Expertise:** Undergraduate staff often graduate before reaching ACCT Level 2 experience thresholds, creating gaps in qualified leadership. A GA provides year-to-year continuity.
 - **Capacity & Quality:** Additional certified leadership expands program capacity, reduces cancellations/bottlenecks, and improves participant experience.
 - **Operational Support:** The GA will help manage training, maintenance, hiring, and logistics—critical functions that directly affect reliability and safety.
 - **Financial Sustainability:** FY 24/25 LCC revenue was **\$51,058** with an LCC reserve of **\$23,935** (FY 24/25). Added capacity positions the LCC to sustain or grow revenue while supporting core safety obligations.
-

Budget Impact:

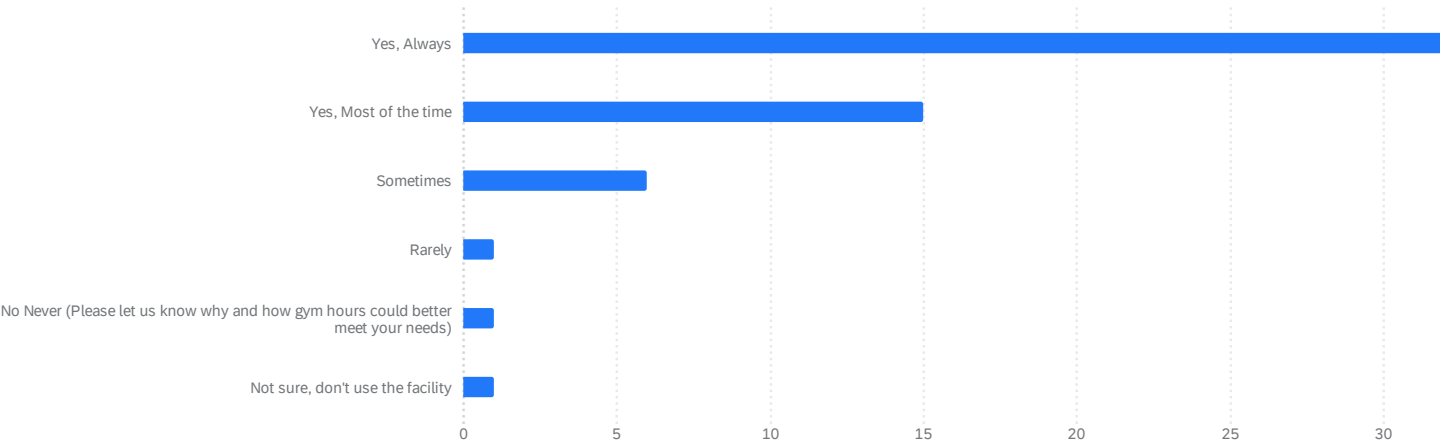
- **GA benefits (FY 2025/26): \$3,434.54**
 - Chart Field: 603815-RO001-S7186
 - **Hourly rate: \$18.50**
 - Chart Field: 601863-RO001-S7186
 - **Estimated additional staffing cost (wages) for a 6-month term: \$6,000**
 - **Estimated incremental total personnel cost: \$9,434.54** (\$6,000 wages + \$3,434.54 benefits)
 - **Offset:** Increased program volume is expected to cover the incremental cost through added revenue. The LCC reserve provides a prudent buffer if needed during ramp-up.
-

Timeline:

If approved, we will proceed as follows:

- **Weeks 1–2:** Post position, recruit, and screen applicants (preference for current ACCT Level 2).
- **Weeks 3:** Interview finalists; complete references and background checks.
- **Week 4:** Extend offer and confirm start date of Jan 6, 2026.
- **Jan 6, 2026:** GA serves as lead/assistant facilitator on programs; assumes ongoing scheduling, maintenance, and training support.

Do the gym hours work with your schedule? 56 ⓘ



Do the gym hours work with your schedule? 56 ⓘ

Q1 - Do the gym hours work with your schedule? - Selected Choice	Count	Count
Yes, Always	57%	32
Yes, Most of the time	27%	15
Sometimes	11%	6
Rarely	2%	1
No Never (Please let us know why and how gym hours could better meet your needs)	2%	1
Not sure, don't use the facility	2%	1

Do the gym hours work with your schedule? 56 ⓘ

Average (Q1 - Do the gym hours work with your schedule? - Selected Choice)	1.70
Minimum (Q1 - Do the gym hours work with your schedule? - Selected Choice)	1.00
Maximum (Q1 - Do the gym hours work with your schedule? - Selected Choice)	6.00
Standard Deviation (Q1 - Do the gym hours work with your schedule? - Selected Choice)	1.05
Count	56

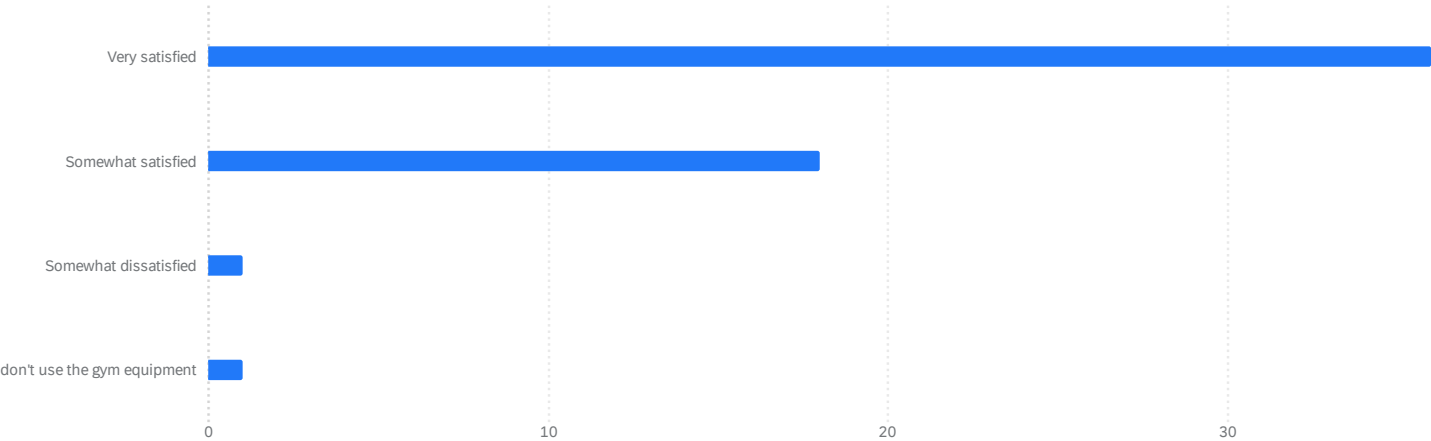
Do the gym hours work with your schedule?: No Never (Please let us know why and how gym hours could better meet your needs) - Text 56 ⓘ

No Never (Please let us know why and how gym hours could better meet your n...

No Never (Please let us know why and how gym hours could better meet your n...

They close too early and open too late

How satisfied are you with the gym equipment? 56 ⓘ



How satisfied are you with the gym equipment? 56 ⓘ

Q2 - How satisfied are you with the gym equipment?	Count	Count
Very satisfied	64%	36
Somewhat satisfied	32%	18
Somewhat dissatisfied	2%	1
I don't use the gym equipment	2%	1

How satisfied are you with the gym equipment? 56 ⓘ

Average (Q2 - How satisfied are you with the gym equipment?)	18.46
Minimum (Q2 - How satisfied are you with the gym equipment?)	18.00
Maximum (Q2 - How satisfied are you with the gym equipment?)	23.00
Standard Deviation (Q2 - How satisfied are you with the gym equipment?)	0.84
Count	56

Are there any pieces of equipment or amenities you feel are missing? 56 ⓘ

Are there any pieces of equipment or amenities you feel are missing?

Not sure

Turf and an additional equipment of each one, especially the weight training machines.

No it practically has everything you need for a decent workout. Maybe some more back dominant workout machines.

No

Are there any pieces of equipment or amenities you feel are missing?

Foam Rollers

No

No

More basketball courts

No

NA

No

No

More rock climbing

More leg weights

no

More booty builder equipment

Na

No

no

No

Treadmill

Need more wheelchair accessibility

No

No

Maybe a different hack squat and a few more cardio machines.

Are there any pieces of equipment or amenities you feel are missing?

More leg machines

n/a

no

More ab machines

Nope!

Quad extension machine

More back equipment

Duplicate leg machines

.

12 lb and 8 lbs weight dumbbells

No

N/A

NA

no

Some band equipment

More seats in front of weight rack

no

No

3

no

i think no it is good

Are there any pieces of equipment or amenities you feel are missing?

More choices of equipments

Not

Need to upgrade stationary bikes , especially the ones that let you

Chest machines

Na

No

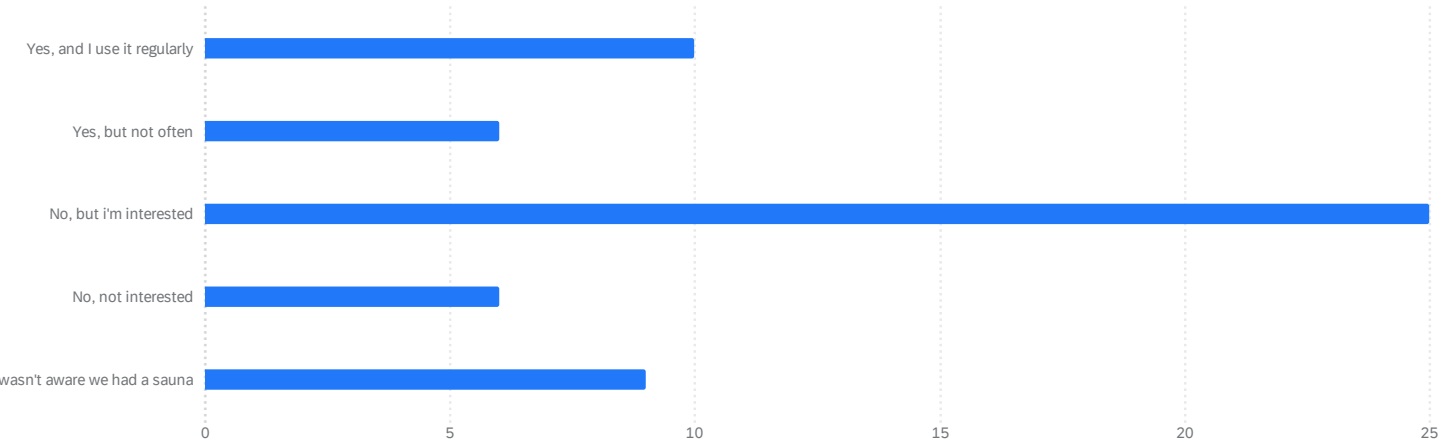
More rock climbing stuff

Just more leg machines

Just updated machines

No

Have you tried the sauna? 56 ⓘ



Have you tried the sauna? 56 ⓘ

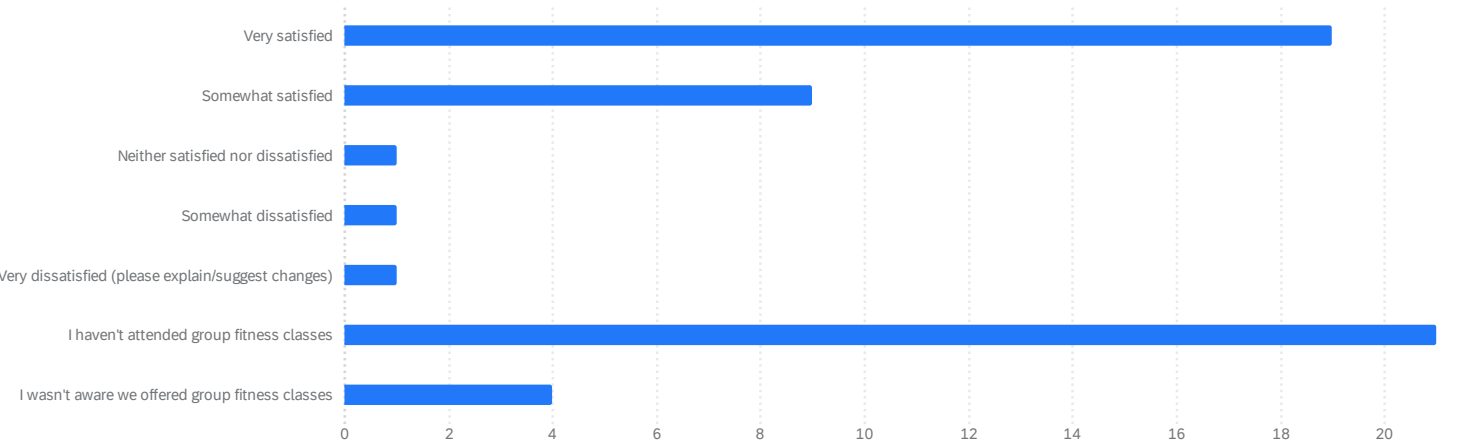
Q3 - Have you tried the sauna?	Count	Count
Yes, and I use it regularly	18%	10
Yes, but not often	11%	6
No, but i'm interested	45%	25
No, not interested	11%	6

Q3 - Have you tried the sauna?	Count	Count
I wasn't aware we had a sauna	16%	9

Have you tried the sauna? 56 ⓘ

Average (Q3 - Have you tried the sauna?)	2.96
Minimum (Q3 - Have you tried the sauna?)	1.00
Maximum (Q3 - Have you tried the sauna?)	5.00
Standard Deviation (Q3 - Have you tried the sauna?)	1.25
Count	56

How satisfied are you with the group fitness classes (e.g., Zumba, yoga, cycling)? 56 ⓘ



How satisfied are you with the group fitness classes (e.g., Zumba, yoga, cycling)? 56 ⓘ

Q4 - How satisfied are you with the group fitness classes (e.g., Zumba, yoga, cycling)? - Selected Choice	Count	Count
Very satisfied	34%	19
Somewhat satisfied	16%	9
Neither satisfied nor dissatisfied	2%	1
Somewhat dissatisfied	2%	1
Very dissatisfied (please explain/suggest changes)	2%	1
I haven't attended group fitness classes	38%	21
I wasn't aware we offered group fitness classes	7%	4

How satisfied are you with the group fitness classes (e.g., Zumba, yoga, cycling)? 56 ⓘ

Average (Q4 - How satisfied are you with the group fitness classes (e.g., Zumba, yoga, cycling)? - Selected Choice)	10.63
Minimum (Q4 - How satisfied are you with the group fitness classes (e.g., Zumba, yoga, cycling)? - Selected Choice)	8.00
Maximum (Q4 - How satisfied are you with the group fitness classes (e.g., Zumba, yoga, cycling)? - Selected Choice)	14.00
Standard Deviation (Q4 - How satisfied are you with the group fitness classes (e.g., Zumba, yoga, cycling)? - Selected Choice)	2.39
Count	56

56

Satisfied

Very dissatisfied (please explain/suggest changes)

What types of fitness classes or programs would you like to see offered? 56 ⓘ

What types of fitness classes or programs would you like to see offered?

I wasn't aware there were classes so I dont know what there is to offer

What types of fitness classes or programs would you like to see offered?

Program would be nutrition assistant to provide a sense of direction.

Mmm I know first time gym students could use classes that help with proper form.

Meditation

Na

Pilates

Bjj

Boxing

Perhaps a hiit class.

NA

All

Taekwondo

Boxing

Any

skateboarding

More lift and sculpt afternoon classes!

Na

no

not

Self defense

Pilates

Pilates

What types of fitness classes or programs would you like to see offered?

Anything

Ab workout

Pilates

Pilates

n/a

MMA

Pilates classes in the evening

Nope

More martial arts

Bodybuilding class

I like them all

Cardio

Pilates

Na

N/A

NA

yes

Yoga

Tennis

pilates

Idk

What types of fitness classes or programs would you like to see offered?

A lot

Zumba

i am notbsure

More creative ones

Boxing

Na

Boxing

Na

No

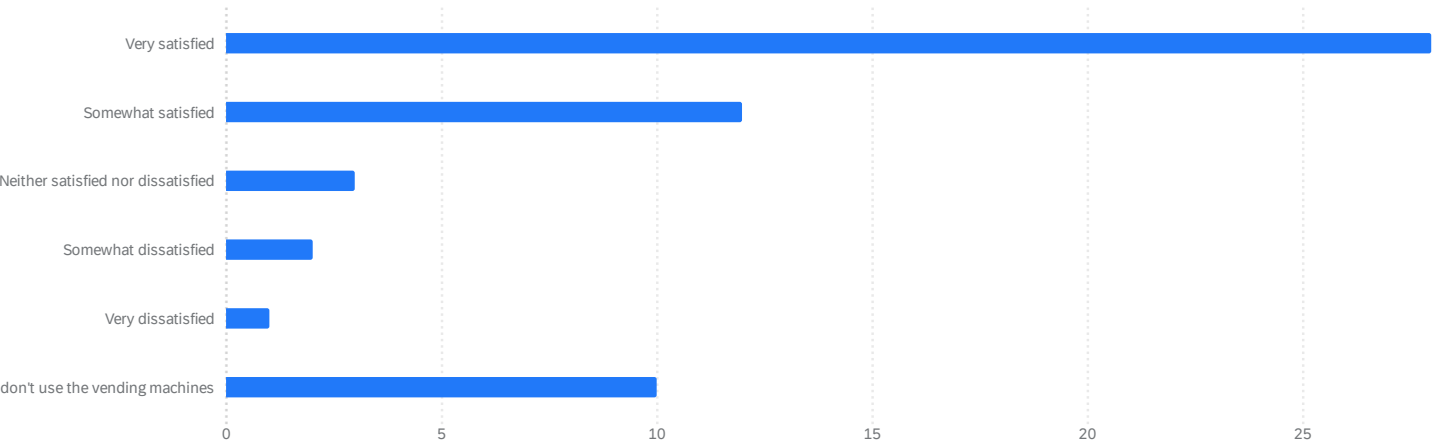
Not sure

Idk

Pilates

Gymnastics

How satisfied are you with the snacks and drinks offered in the vending machine? 56 ⓘ



How satisfied are you with the snacks and drinks offered in the vending machine? 56 ⓘ

Q6 - How satisfied are you with the snacks and drinks offered in the vending machine?	Count	Count
Very satisfied	50%	28
Somewhat satisfied	21%	12
Neither satisfied nor dissatisfied	5%	3
Somewhat dissatisfied	4%	2
Very dissatisfied	2%	1
I don't use the vending machines	18%	10

How satisfied are you with the snacks and drinks offered in the vending machine? 56 ⓘ

Average (Q6 - How satisfied are you with the snacks and drinks offered in the vending machine?)	10.39
Minimum (Q6 - How satisfied are you with the snacks and drinks offered in the vending machine?)	9.00
Maximum (Q6 - How satisfied are you with the snacks and drinks offered in the vending machine?)	14.00
Standard Deviation (Q6 - How satisfied are you with the snacks and drinks offered in the vending machine?)	1.89
Count	56

What types of items would you like to see added to the vending machines? 56 ⓘ

What types of items would you like to see added to the vending machines?

Protein snacks

Healthier options that are higher in protein, low carb, low sodium. Less on energy drinks, and more electrolytes. Another snacks options would be vegan items or vegetarians, or gluten-free items for students that are on that particular eating pattern.

Maybe things with more protein options and less items of rockstar since it's not really beneficial for gym starters.

Protein things

Protein stuff

Protein

More benches

Protein bars

What types of items would you like to see added to the vending machines?

More healthy snacks

NA

Good

none

Nothing

Water

oreos

Protein bars

Na

Na

not

Idk

I like them

Monsters PLEASE

Anything

None

Alani energy drinks.

Healthy food

n/a

vitamin water

I'm content

What types of items would you like to see added to the vending machines?

Nope

Not sure, but i could possibly buy alkaline water if its there.

Quest protein chips

I don't use them

Energy drinks

None

Na

N/A

NA

poppi

N/A

Bobos granola

chips

Towel

Food

Protein Bar

i am not do anything only basketball

More type of snacks

Fairlife

None

Veggie snacks

What types of items would you like to see added to the vending machines?

Na

No

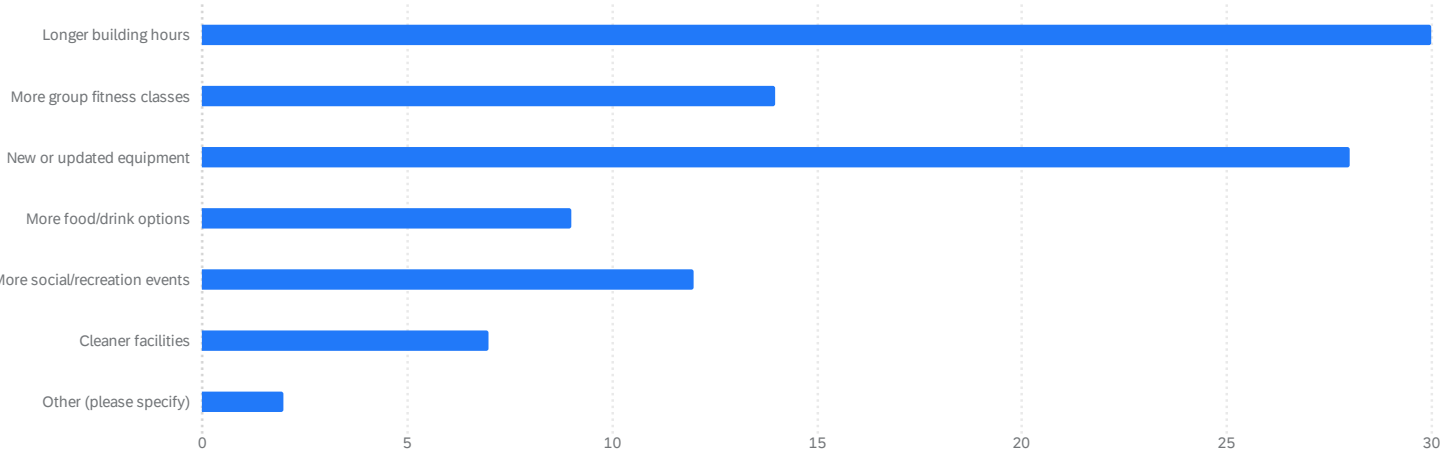
More variety

Gatorade

N/A

Protein shakes

What would make you want to use the Recreation and Wellness Center more often? (Select all that apply) 56 ⓘ



What would make you want to use the Recreation and Wellness Center more often? (Select all that apply) 56 ⓘ

Q8 - What would make you want to use the Recreation and Wellness Center more often? (Select all that apply)	Count	Count
Longer building hours	54%	30
More group fitness classes	25%	14
New or updated equipment	50%	28
More food/drink options	16%	9
More social/recreation events	21%	12
Cleaner facilities	13%	7
Other (please specify)	4%	2

Do you have additional comments/suggestions about your experience at the Recreation and Wellness Center? 56 ⓘ

Do you have additional comments/suggestions about your experience at the Re...

Not really

Emphasizing sports nutrition here at the facility can help students want to engage at the Rec Center and feel confident choosing healthier options and understand the eating patterns with what correlates with their type of goal in the fitness industry.

Maybe an addition of a steam room, unfortunately we only have a sauna room :/.

No

Na

None

No

More basketball courts

No

NA

Good

None

No

N/a

n/a

No

Na

No

not

Very good vibe

The hours work well but later hours

Do you have additional comments/suggestions about your experience at the Re...

More hours!

No

No

N/A

No

n/a

naw

I'm very happy with the rec center :)

Nope

N/A

Overall the facility is fine but could use more events to gather more attention

NA

.

None

No

N/A

NA

na

Nope

Better wifi service inside gym

no

Do you have additional comments/suggestions about your experience at the Re...

Good place to work out

No all good

none

no

It would be helpful to have a drinking water supply upstairs.

N/A

Upgrade eqiupment

Not now

Na

No

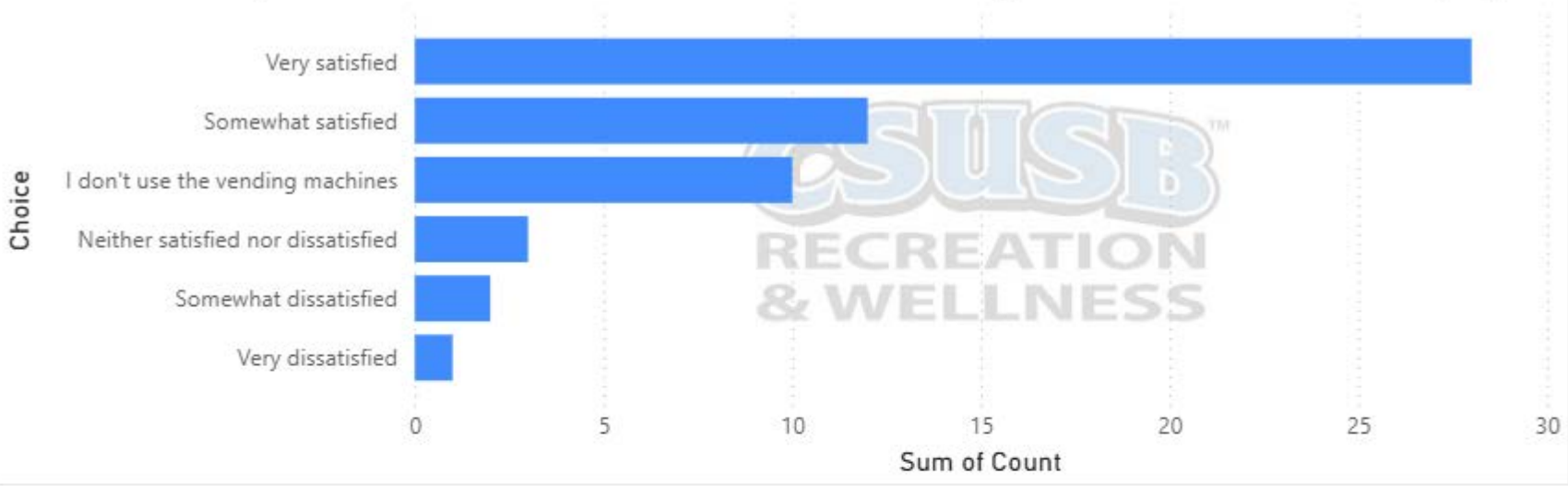
Nah

More equipment if possible. It seems like a lot of machines are taken up during rush hours. Other than that, it's all good

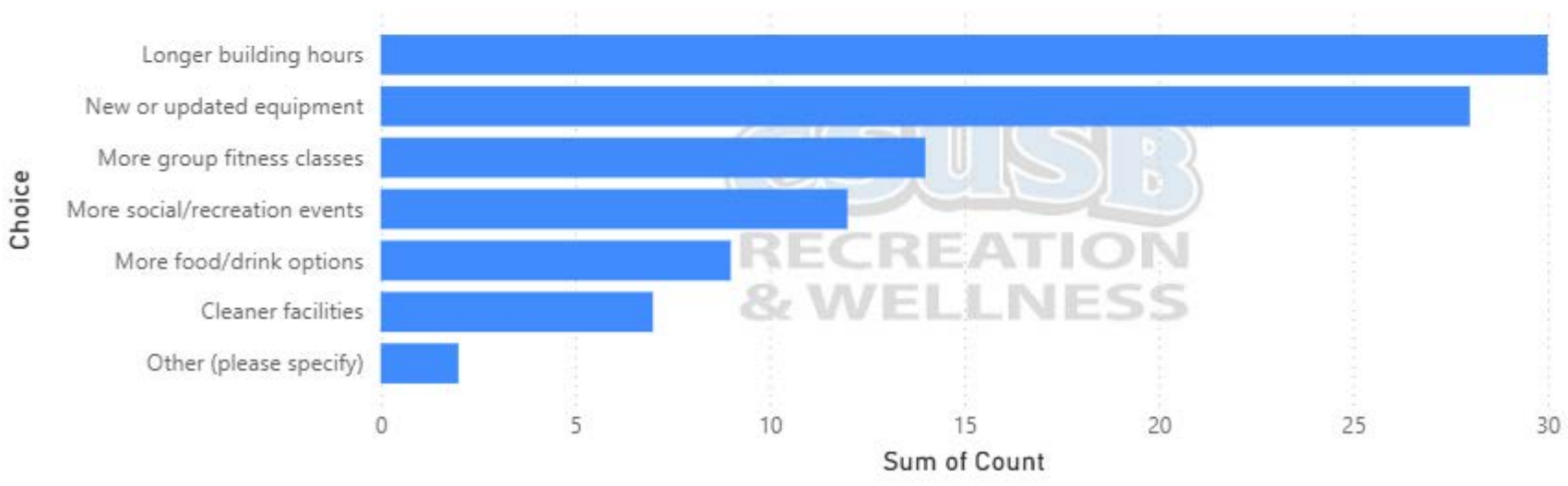
N/A

Everything is fun

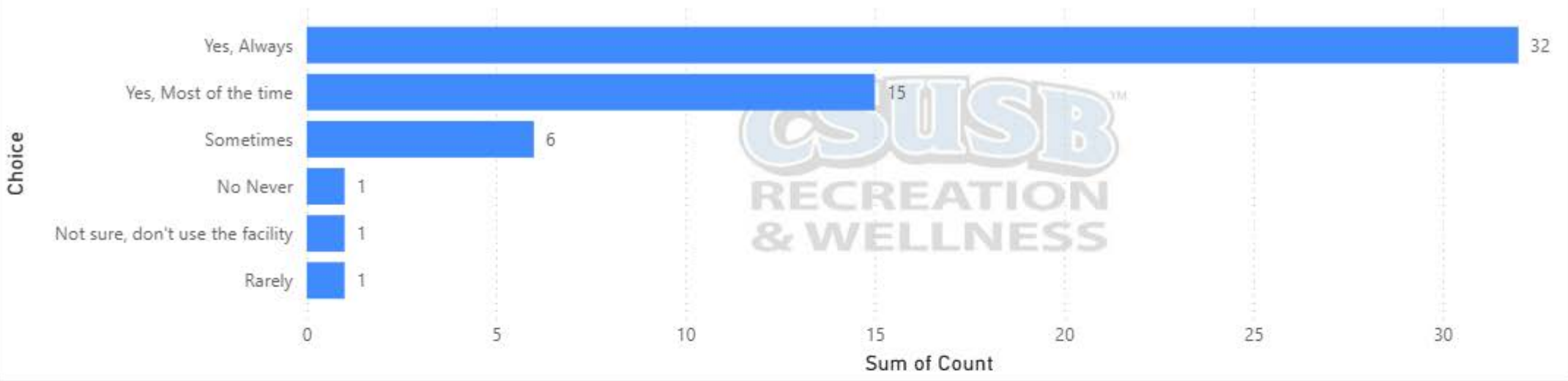
How satisfied are you with the snacks and drinks offered in the vending machine?



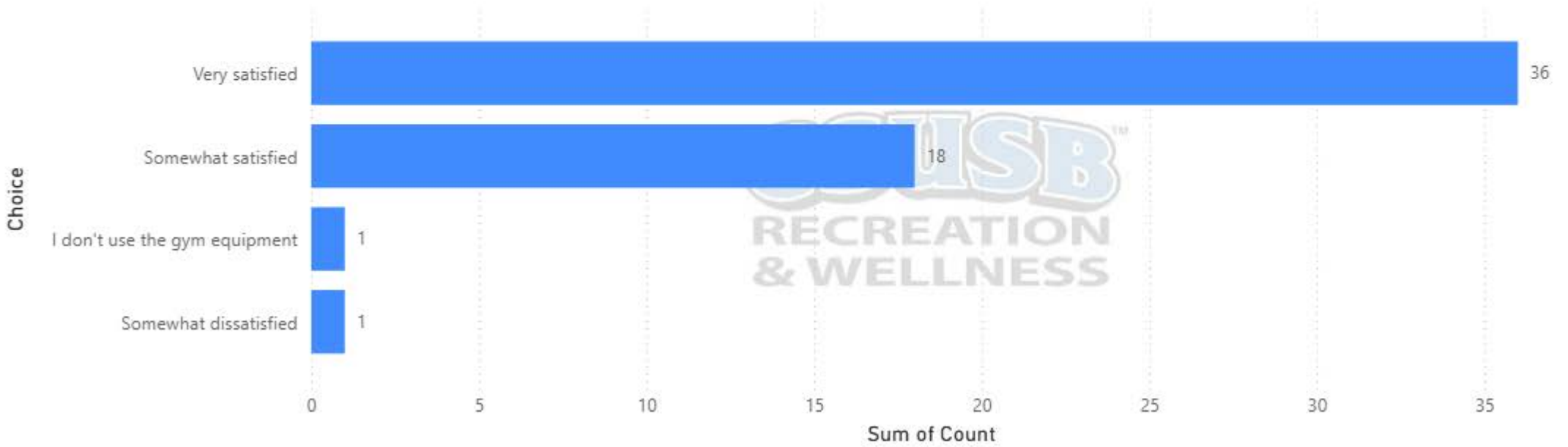
What would make you want to use the Recreation and Wellness Center more often?



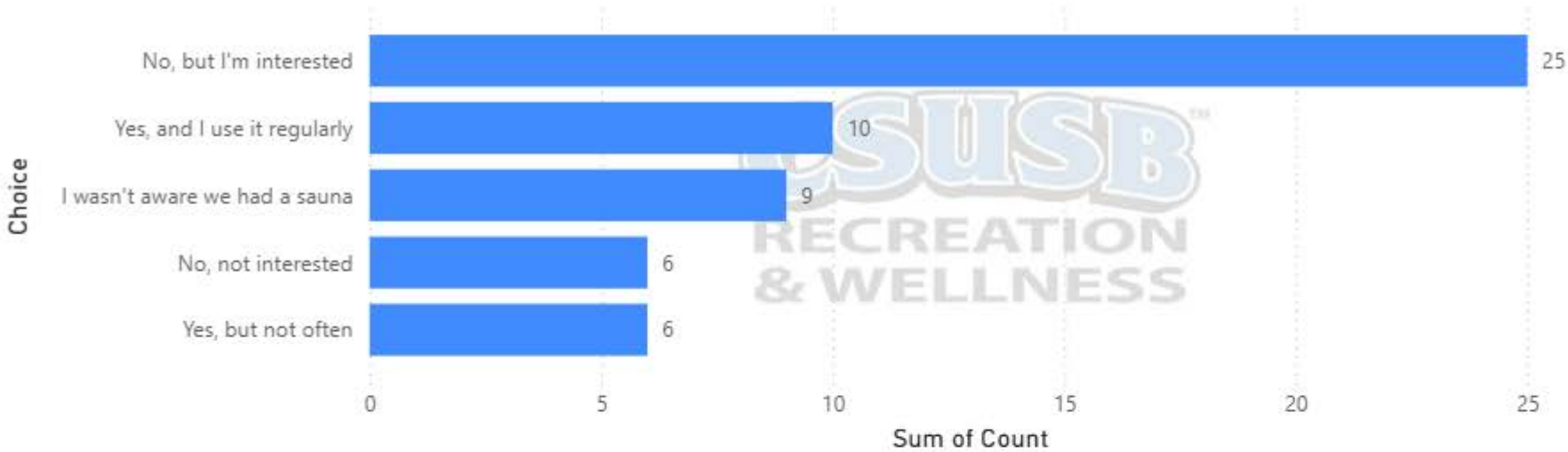
Do the gym hours work with your schedule?



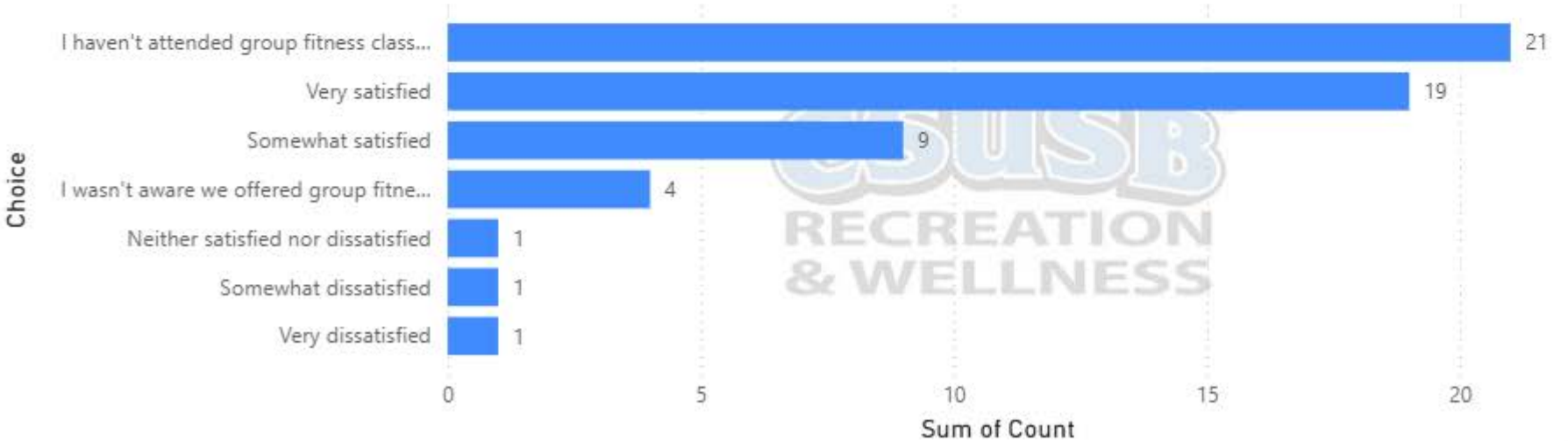
How satisfied are you with the gym equipment?



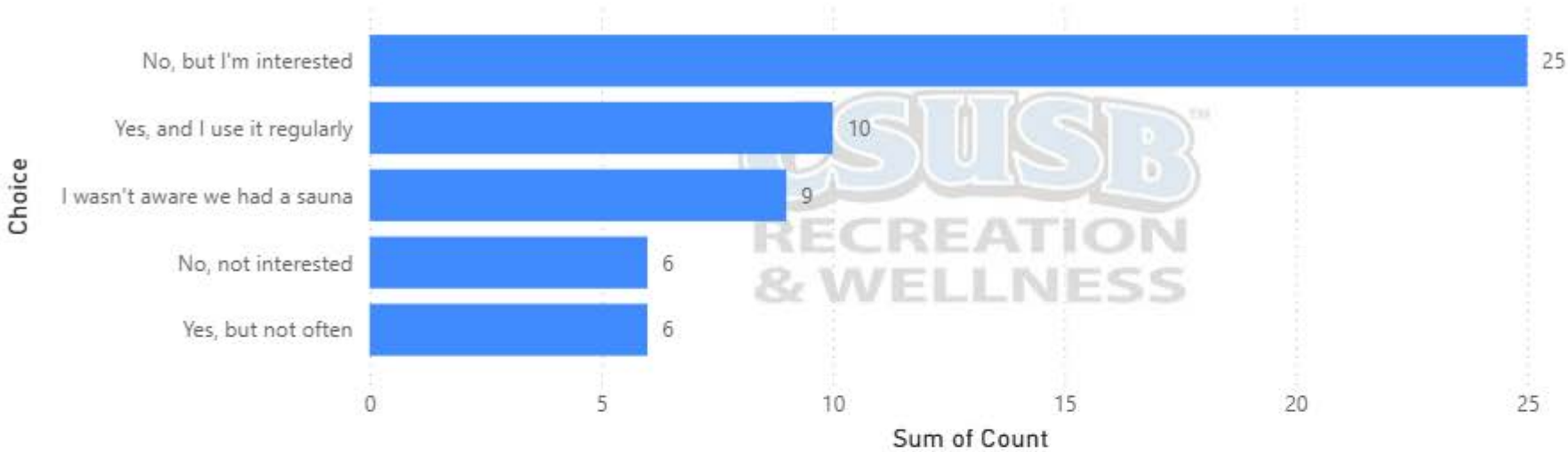
Have you tried the sauna?



How satisfied are you with the group fitness classes (e.g., Zumba, yoga, cycling)?



Have you tried the sauna?



How satisfied are you with the group fitness classes (e.g., Zumba, yoga, cycling)?

