

# Message from the Associate Director

## Ball Gymnasium Facility is Operational

Dear APFP members,

I am pleased to report that our equipment has been successfully moved into our Ball Gymnasium facility, and we will be open for business Monday, August 3<sup>rd</sup> at our normal summer hours. I'd like to update you on some things to keep in mind as we transition into this new facility for the upcoming year.

Parking has been secured, and signs have been posted in the R11 Red lot next to the power plant. Twelve dedicated spaces for our members have been set aside. To use these spaces, you will need to display your APFP hang tag. These spaces are for all APFP members, including BSU employees. BSU employees need to make sure your vehicle is registered with parking services and you will be issued a hang tag for the fall semester. During the interim period before fall semester starts (August 3 - 21), tickets will not be issued. Any tickets issued will be cleared. Overflow parking will be the yellow parking lot on the other side of the tennis courts. **IMPORTANT!!!** Once fall semester starts, you must utilize the 12 spaces in R11, the overflow yellow lot, or be out of any other Red lot spot **BEFORE 7 am**, otherwise you risk being ticketed. Tickets for improper parking cannot be cleared by us.

Entry into Ball Gymnasium can be accomplished from the front of the facility through the main doors, or through a side door that faces the direction of our parking spaces. Signs will be posted. Entry through the main doors will require you to descend one flight of stairs to be on the level our rooms are located. Entry through the side door will require a right hand turn upon entry to the building and a short walk down the hallway to our rooms.

All three rooms are on the same level and very near to each other. Our goal is to continue to provide a professionally supervised exercise program for our members. The layout of our three rooms is this:

The **FIRST** room will be our **"AEROBICS"** room. Most of our aerobic equipment is located there. Your participant folder will be located there. Please check in every day you attend in the Aerobics room first. If you need a blood pressure, blood glucose, or any other check-in assessment, it will be conducted primarily from this room.

The **SECOND** room will be known as the **"CORE"** room. This room houses the Body Motion line of resistance training equipment, some dumbbells, as well as our mats and core strength equipment. There are also several upright and recumbent cycles located in this room for use.

The **THIRD** room is the **"BSU Rec"** room. This is the fitness room currently operated by Rec Services. This facility will continue to be a Recreation facility, so there will be some shared usage in this area, and holds resistance training equipment. You will have access to this room to accomplish much of your resistance training needs. We will have several ID cards in the Aerobics room for you to sign out and take across to the BSU Rec room to signify to Rec Staff that you are an APFP member. Please sign them back in when you are done in the BSU Rec room. These ID cards for the **BSU Rec Room ONLY**, and **CANNOT** be used to access other BSU Rec facilities.

Operating out of three separate rooms has obviously presented us with some staffing challenges as we move forward. Our goal will be to provide a supervised environment for our members in each of the three rooms for the hours that we are open. Given this, we are currently in the process of interviewing and hiring some undergraduate students experienced in Exercise Science to assist us with program operation under the supervision of our Graduate Students and Faculty Coordinators. We hope to have these staff members in place as soon as possible so as not to disrupt normal program operation.

During the interim period before the Fall semester, however, we are severely limited in our staffing. **PLEASE BE AWARE!** There may be times when the Core Room will not be open due to lack of staff available to supervise this space. It is our goal to limit those times as much as possible. Once the Fall semester begins, this room will be open during ALL hours of fitness program operation. The BSU Rec room will also be open at all times when our program is operating.

Obviously, there will be some minor bumps and issues that will arise as we acclimate to our environment. We thank you for your continued patience and understanding, and greatly appreciate your feedback as we move forward in this facility for the next 12 months. Please feel free to contact the Program Office at 285-1140 with any questions you might have. You can also visit our website at [www.bsu.edu/apfp](http://www.bsu.edu/apfp) and check for updates. We will try to post any timely updates and info on our website, and will email announcements to our members. If you do not have a current email address on file with us, or it has changed recently, please update us, so you can be included in any future APFP program emails.

Trent Hargens  
Associate Coordinator, Clinical Exercise Physiology Program  
Associate Director, Adult Physical Fitness Program

**Summer Hours (August 3 – 21)**

5:30 – 8:30 am

11:30 am – 1:00 pm

3:30 – 6:30 pm

**Fall Hours (August 24+ PLEASE NOTE!! Slight change to accommodate student transit time to Ball Gym)**

5:30 – 8:45 am

11:30 am – 1:15 pm

3:45 – 7:15 pm

Saturday hours will begin September 12<sup>th</sup>, and will be from 7:30 – 10:30 am