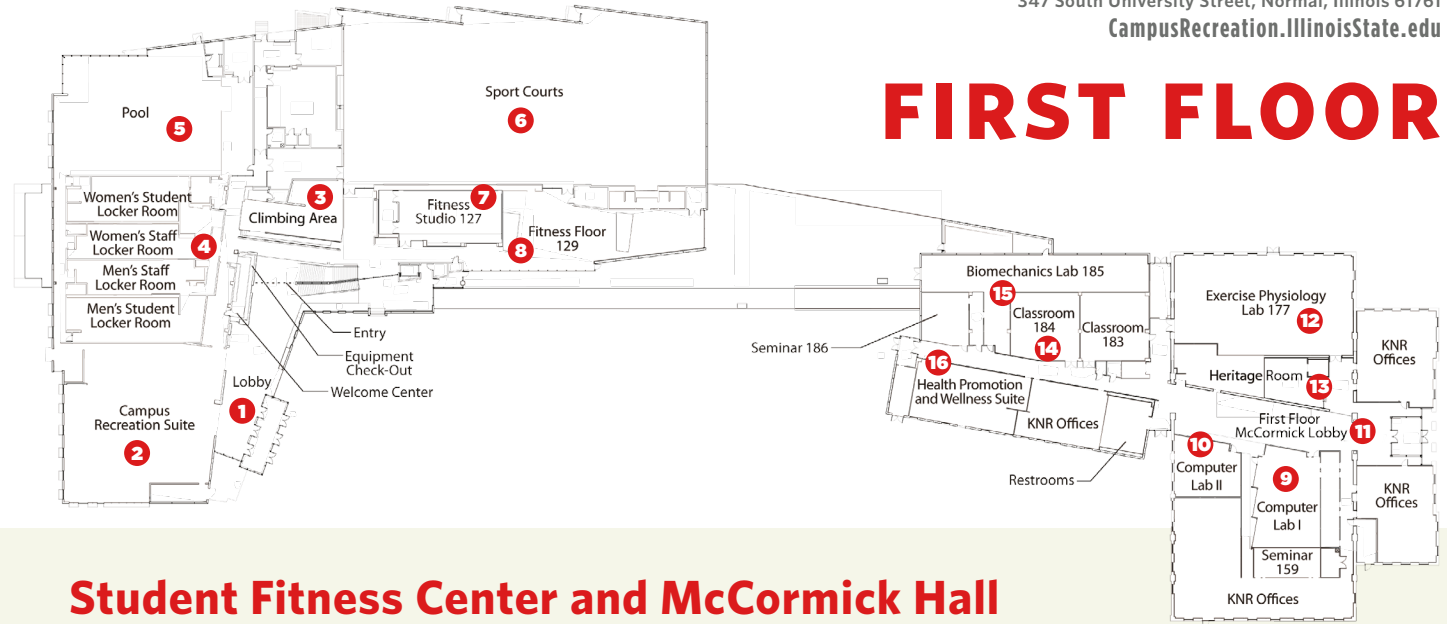


# FIRST FLOOR



## Student Fitness Center and McCormick Hall

### 1 STUDENT FITNESS CENTER LOBBY

The ADA accessible lobby of the Student Fitness Center serves as a welcoming area for all visitors. The Bob and Julie Dobski Welcome Center is a one-stop source of information and activity.

- Register for activity classes, pay for your intramural team, check out a variety of sports equipment, or purchase memberships and guest passes.
- Includes Wi-Fi access, Jamba Juice, and seating areas to relax after a workout.

### 2 CAMPUS RECREATION SUITE 103

Located just off the main entrance, the office suite for Campus Recreation serves as the main location for staff involved in the management of the facility as well as the delivery of the many recreational programming opportunities for the campus community.

### 3 CLIMBING AREA

Standing at 47 feet tall with more than 900 square feet of climbing surface, the climbing

wall is the focal point of the main lobby of the Student Fitness Center. A bouldering cave is also available to improve climbing strength and technique just a few feet above the ground.

- Looks, feels, and behaves like real rock with routes for every skill level.
- A variety of workshops and climbing times are available.
- Equipment is available for free checkout when climbing. The climbing area is also available for reservation and team-building programming.

### 4 LOCKER ROOMS

There are a total of four locker room areas for men and women in the Student Fitness Center. A separate changing area is also available for more privacy. Each locker room has daily and longer-term lockers.

### 5 POOL\*

The pool consists of a lap component with four lanes that are 25 yards long as well as a leisure area.

- The pool depth ranges from 3 to 4.5 feet.

- Water exercise classes, water volleyball, and water basketball are available.

### 6 SPORT COURTS\*

Two of the sport courts have hardwood flooring and can be used for basketball, volleyball, and badminton. One has a synthetic surface and a dasher board system, making it ideal for indoor soccer and floor hockey.

### 7 FITNESS STUDIO 127\*

The second largest of the three studios in the building holds approximately 40 participants depending on class type.

### 8 FITNESS FLOOR AREA 129\*

This area contains more than 50 pieces of cardio and strength equipment in approximately 4,000 square feet of space.

### 9 COMPUTER LAB 174

This 55-person lab features technology that allows for anatomy and physiology instruction and group analysis of teaching techniques.

### 10 COMPUTER LAB 175

This 30-person computer lab is the second and smaller lab being used by School of Kinesiology and Recreation (KNR) students.

### 11 FIRST FLOOR MCCORMICK LOBBY

Serving as the main entrance from the Quad, this is one of two ADA entrances on the McCormick side. The second is near Health Promotion and Wellness off of University Street. This area also houses historical displays of the School of Kinesiology and Recreation and Housing Services, acknowledging the on-site presence of these two departments through the years.

### 12 EXERCISE PHYSIOLOGY LAB AND PERSONAL TRAINING STUDIO 177

This area provides knowledge and experience through hands-on learning to students within physical education, athletic training, exercise science, and other related fields. This space also serves as a collaborative effort between KNR and Campus Recreation, allowing ample space for personal training assessments and improved client interaction.

### 13 HERITAGE ROOM 178

This room serves as a host location for receptions and honors the traditions of emeritus and emerita faculty from KNR through a variety of displays and artifacts.

### 14 CLASSROOMS 183 AND 184

These two classrooms have SMART technology and are available for campuswide scheduling.

- Room 183 seats 30.
- Room 184 seats 40.

### 15 BIOMECHANICS LAB 185

The biomechanics lab space is designed for research and uses infrared cameras and other special technology to analyze a variety of activities.

### 16 HEALTH PROMOTION AND WELLNESS SUITE 187

This is the main office suite for Health Promotion and Wellness, the department responsible for creating a culture of wellness among faculty, staff, and students of Illinois State University.

\* KNR classes are held in these areas during normal school days.

## WELCOME TO THE Student Fitness Center and McCormick Hall.

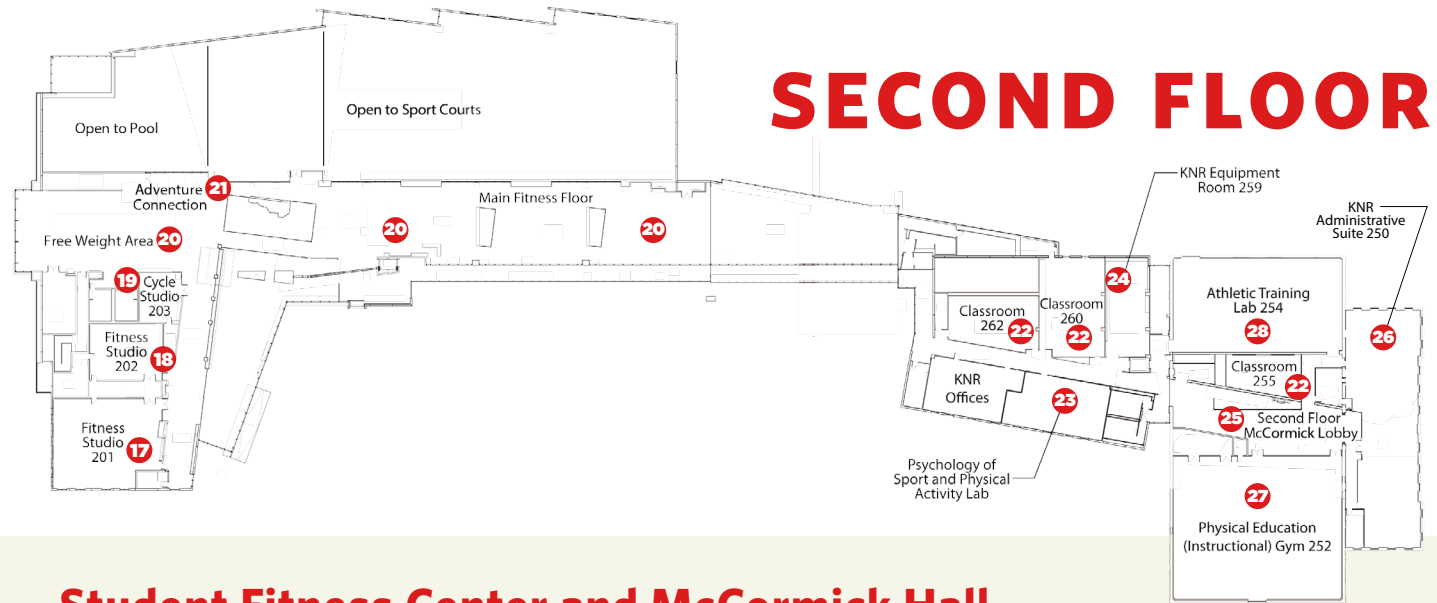
The Student Fitness Center, constructed where Dunn-Barton and Walker Residence Halls once stood, is connected to the renovated McCormick Hall. Completed in January 2011, the complex is available to Illinois State students, faculty, staff, graduates, annuitants, and their spouses or partners.

We invite you to learn more about our facility. Whether you are enjoying a workout in this award-winning facility, learning in a state-of-the-art classroom, or taking advantage of everything else the complex offers, you'll soon see how the Student Fitness Center and McCormick Hall contribute to the overall campus experience and continued excellence of Illinois State University.





# SECOND FLOOR



## Student Fitness Center and McCormick Hall

### 17 FITNESS STUDIO 201

The largest of the three studios holds approximately 50 participants depending on the class type.

### 18 FITNESS STUDIO 202

The smallest of the studios holds approximately 30 participants depending on the class type.

### 19 CYCLE STUDIO 203

This dedicated cycle studio space features a multipurpose floor and is home to 23 spin bikes.

### 20 MAIN FITNESS FLOOR

This area makes up a majority of the second floor space with more than 250 pieces of cardio and strength equipment throughout 18,000 square feet. Equipment is arranged into pods based on the type.

### 21 ADVENTURE CONNECTION

This area is the home for all things adventure, including equipment rentals, team building, trips, instruction, and outdoor resources.

### 22 CLASSROOM SPACES 255, 260, AND 262

Each of the rooms has a variety of technology for instruction and is available for campuswide scheduling.

### 23 PSYCHOLOGY OF SPORT AND PHYSICAL ACTIVITY LAB

This lab introduces students to sport and exercise psychology and motor learning research.

### 24 KNR EQUIPMENT ROOM 259

This space supports School of Kinesiology and Recreation (KNR) activities and equipment checkout.

### 25 SECOND FLOOR MCCORMICK LOBBY

Marking the entrance to historic McCormick Hall, this area was completely renovated and contains two window surrounds from the former Dunn-Barton Hall.

### 26 KNR ADMINISTRATIVE SUITE 250

Using this administrative area, the School of Kinesiology and Recreation provides nationally acclaimed academic programs that promote physically active lifestyles.

### 27 PHYSICAL EDUCATION (INSTRUCTIONAL) GYM 252

This area serves as the primary instructional analysis lab for students in the physical education-teacher education program.

### 28 ATHLETIC TRAINING LAB 254

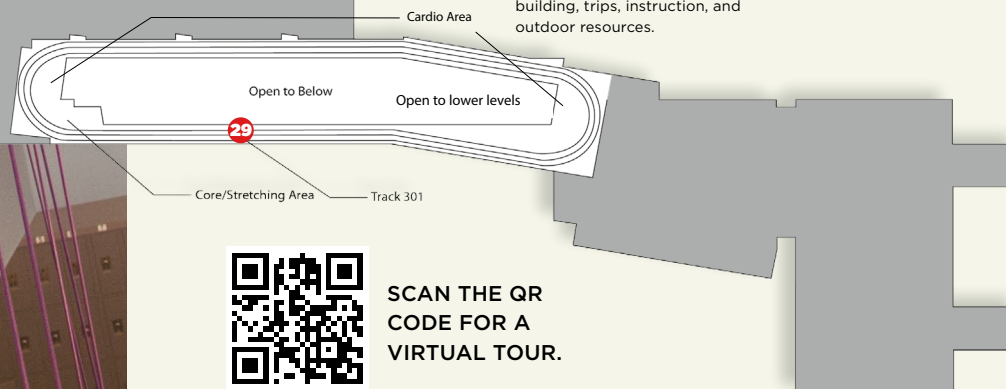
The primary function of the lab is to provide a learning environment for students enrolled in the professional practice courses taken each semester by the athletic training students.

- The lab features space for practice in a variety of training techniques, as well as a classroom for 30 students.
- This space also serves as the Sports Medicine and Rehabilitation Therapy (SMART) Clinic, a collaboration between KNR and Student Health Services to provide advanced care for Illinois State students in the areas of prevention, evaluation, and rehabilitation of various orthopedic injuries.

### 29 TRACK

Eight laps make a mile on the three-lane, 200-meter track. Additional space is available on this floor for cardio, core, and stretching exercises.

## THIRD FLOOR



SCAN THE QR CODE FOR A VIRTUAL TOUR.



**ILLINOIS STATE UNIVERSITY**  
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