

R.E.C. REPORT

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STUDENT RECREATION CENTER | 618/453-1277 | REC.SIU.EDU | SEPTEMBER 26, 2017

Student Recreation Center Hours for Fall Break (October 7-10, 2017)

The Student Recreation Center has amended hours over fall break from October 7-10, 2017. You can always find the latest facility updates at rec.siu.edu. The Student Recreation Center hours for fall break are:

Friday, October 6: Regular Hours (5:30am – 10pm)
Saturday, October 7: 8am – 7pm
Sunday, October 8: 1pm – 7pm
Monday, October 8: 5:30am – 7pm
Tuesday, October 9: Regular Hours (5:30am – 10pm)

Please go to the website at rec.siu.edu for Member Services and Shea Natatorium availability during break

Campus Lake Trail Bridge Construction Taking Place

For patrons that use the Campus Lake 2.0 –mile trail, you will notice a slight detour on the south end of the trail, near the President's office. The trail bridge here has been closed and patrons will be re-routed around the bridge and close to the road and back. The trail bridge is undergoing structural improvements made which include a new concrete overlay and repainting. We expect the repairs to take through the end of October or later.



Savanna Ashbaugh



Victor Martin

Recreational Sports and Services (RSS) Welcomes Two New Coordinators!

Please help us in welcoming two new RSS employees. Savanna Ashbaugh joined us in late August as the Coordinator for Fitness and Victor Martin joins the staff as the Coordinator for Competitive Sports. Martin's duties started at SIU on September 25.

Ashbaugh, a 2017 graduate of SIU, joins RSS from the City of Chicago where she worked in a fitness gym. An avid volleyball player and former coach, Ashbaugh has responsibility for the fitness program within the department.

Martin joins the Saluki family from Tennessee Tech University. Martin's responsibilities at SIU will be the competitive sports programs, which include sport clubs and intramural sports.



Martial Arts Room Undergoing Renovations....

As many of you know, we made a switch in the Martial Arts room from downstairs to upstairs over the summertime. We gained significant input from many students and members on the layout and safety aspects of the room and we are making changes and additions as we go. Some of the changes we have made include:

- Addition of the Focusmaster Fitness brand stations. There are two currently with possible plans of adding 2-3 more in the coming months. Located on the east side of the room, this free-standing unit is used in a variety of classes and will also host several daily fitness-related classes starting in the spring, 2018.
- We have relocated the mirrors from the west wall to the east wall and are installing the wall pads from the old martial arts studio downstairs into this room on the west wall. These pads will increase safety for many of the sport clubs that have recently inquired about adding pads for the walls. Additionally, pads were made to cover the Focusmaster poles for added safety.
- A heavy bag will be placed soon within the room.



Patrons are reminded that we have an existing Boxing Room and Mat Studio located on the first floor of the SRC