

Ambler Student Recreation Fitness Center (ASRFC)
KU Faculty & Staff Appreciation Week from Mon, 1/9 to Sun, 1/15
<http://recreation.ku.edu/>

- Hours of operation
 - Regular hours
 - Mon-Thurs 5:30 am to Midnight
 - Fri 5:30 am to 10:00 pm
 - Sat 9:00 am to 10:00 pm
 - Sun 9:00 am to Midnight
 - Regular hours and reduced hours posted on the homepage <http://recreation.ku.edu/>
- Membership (<http://recreation.ku.edu/membership-overview>)
 - Located adjacent to the rock wall
 - Regular hours: Mon-Fri 8:00 am to 6:00 pm, closed weekends
 - Purchase a membership, guest pass, personal training, KU Fit pass, rentable lockers, etc.
 - Membership required to use ASRFC and most programs/services
 - Rates for faculty, staff, spouse/domestic partner, retirees, and affiliates
 - Payroll deduction for 12-month and 9-month faculty and staff with a University Contract
- Welcome desk
 - Required to provide KU ID or can register fingerprint
 - Check out equipment – resistance bands, battle rope, assorted racquets, boxing wraps/gloves, etc.
 - Free towel service
- CRT1 (located on main floor) and CRT2 (located on top floor) (<http://recreation.ku.edu/crt-equipment>)
 - CRT1 and 2 have weight lifting and cardio equipment, stretching mats, and foam rollers
 - CRT2 is usually less busy than CRT1
 - Best times to exercise are before 3:30 pm and after 8:30 pm
 - A free CRT Orientation teaches you how to use up to 12 selectorized machines properly
 - Do not exercise on the carpet
- “Jayhawk” basketball courts has 4 courts used for open play basketball; reserved for intramurals (open to faculty and staff, too), sport clubs, and special events
- Intramurals (<http://recreation.ku.edu/current-sports-events>)
 - Faculty and staff can form teams or individuals can register as a free agent; registration required
 - A variety of indoor and outside sports offered in the spring, summer, and fall
 - Some sports have a small fee; requires ASRFC membership
- TRX A-Frame area
 - Checkout a TRX band from the Welcome Desk
 - Space is also used for weight lifting, stretching, abs; do not exercise on the carpet
- Aerobics Room - used for KU Fit (group fitness) classes; when classes are not taking place, room is available
- KU Fit Classes (group fitness)
 - Strength, yoga, Zumba, more offered throughout the day (<http://recreation.ku.edu/ku-fit-group-fitness>) in the aerobics studio (main floor)
 - Cycle classes takes place in the studio on the top floor; 15 participants max
 - Requires ASRFC membership
 - Cost: Full semester pass: \$50; half semester pass: \$25; per class: \$3
 - All classes led by certified instructors

- Oread Arena
 - 2 basketball courts used for open play basketball and badminton; reserved for intramurals (open to faculty and staff, too), sport clubs, and special events
 - MAC court used for soccer, indoor hockey, special events, etc.
 - Dr. Dish rebounds/passes basketballs to you
 - Martial arts room – matted floor and room has a punching bag
 - Golf simulator – Checkout golf clubs at the welcome desk or bring your own; reserve a t-time
 - BoxMaster – 12 striking pads to accommodate a variety of specific punches

- Indoor track (top floor)
 - 1 lap equals nearly 0.25 miles
 - Alternates direction daily

- Outdoor Pursuits (bottom floor) (<http://recreation.ku.edu/outdoor-pursuits>)
 - Bike rental and self-service repairs; a Fit-it Bike Stand is located next to the outdoor basketball courts
 - Equipment rental including camping, backpacking, canoes, and sit-on-top kayaks (doesn't require ASRFC membership)
 - The Chalk Rock (climbing wall) – limited hours
 - Adams Campus Challenge Course – An outdoor education center with a low element challenge course that promotes leadership and problem solving and builds trust and communication (doesn't require ASRFC membership).

- Locker rooms (bottom floor)
 - Showers (soap provided), day-use and rentable lockers (contact Membership), changing rooms, restrooms, blow dryers
 - Changing room that's also handicap accessible with a restroom, shower, sink, changing space

- Personal training (additional fees)
 - Individual or group personal training sessions sold in 3, 5, and 10 packages
 - A Fit4U Assessment measures body fat percentage, body mass index, blood pressure, waist-to-hip ratio (doesn't require ASRFC membership thus a little more expense)
 - Trainers are either nationally certified or successfully completed the ACE Prep Course and will be certified within 6 months

- Social media
 - Facebook: Ambler Student Recreation Fitness Center (www.facebook.com/kureccenter)
 - Twitter: @KUAmblerRec (www.twitter.com/KUAmblerRec)
 - Instagram: kuamblerrec (www.instagram.com/kuamblerrec)
 - Download our free mobile app & allow notifications. Versions for:
 - For Android (Google Play), search for "KU Rec"
 - For iPhone (Apple App Store), search for "KU Recreation Services"