



Location

The new Athletic Club is centrally located on the lot in the newly named Jack Cohn Building. You will enter through the main lobby and proceed straight ahead past the elevators into the AC.

Hours Of Operation: Monday through Friday – 5:30am to 9pm

Our hours have been extended for your convenience. High use times are predicted to be 5:30–8am; 12:30–2pm, and 6:30–8pm. Attending at other times is encouraged.

Parking

Guest parking in the new Culver parking structure will be available between 5:30am and 8:30am, and after 6pm by entering through the Motor Gate (not the Mentone gate) with a valid SPE ID.

All vehicles not assigned to the Culver parking garage must relocate their vehicle no later than 8:30am. Violators will be ticketed and gym privileges will be revoked.

Guest parking between 8:30am and 6pm will be available in the Overland structure.

Locker Rooms

Each locker room has six showers, five sinks, and four lavatories with all supplies provided except shower towels. Dedicated finishing and changing areas will help manage traffic. Plenty of lockers will be available to use during your visit.

Fitness Studio

Nine hundred square feet of dedicated classroom space will house fitness classes and special offerings like chair massage. Our fitness class schedule will expand to include more classes during high use times. New classes will include spinning, cardio kickboxing, yoga, Zumba, and yogalates among others. Fees apply.

Cardio Area

Thirty-five pieces of cardio equipment will be available on a first-come, first-served basis. Looking out at the Commons area will be twelve treadmills, nine elliptical trainers (3 with upper body), three recumbent and two upright bikes, two rowers, two stairclimber/elliptical hybrids, a stepmill, and four interactive bikes (two Espresso bikes with virtual rides, and two eSpinners, for video led personal spinning workouts).

Circuit Resistance Training

A full line of Paramount SP Circuit selectorized strength equipment will provide a complete body workout with the simplicity of placing a pin. Uniformly designed seat settings are the same from one piece to the next.

Functional Resistance Training

For a more advanced workout, a second resistance area will contain the Star Trac Human Sport line. Each piece is designed for specific muscle groups, but the independent weight stacks and versatile cable action provide a wide array of challenging possibilities.

Core Strength & Flexibility

A dedicated area for functional training will house resistance balls, balance pads, bands, and bacterial resistant stretching mats. Two Technogym stretching machines will be available for hamstring and hip flexor stretching integral to back health.

Court

A basketball/volleyball court will be located nearby for open play and sports leagues. The court surface is constructed from recycled athletic shoes provided by the Nike Grind program. The surrounding area will house a receptacle for members to donate old athletic shoes to be sent to Nike in support of this excellent program. Athletic Club members with rubber-soled shoes only will be permitted on the court.

Sports Leagues

We will be bringing our basketball and volleyball leagues back on lot in 2010. Periodic tournaments and special events are also planned.

Wellness

When possible, the Fitness Studio may be used to offer special events like physical analysis and chair massage.

Membership

The Athletic Club will be rolling out a new membership database and scheduler with the new facility. We hope this will make signing up for events and purchases easier. All members will be required to re-up their membership and take a photo. Facility use, including the court, requires membership. No guests.

What To Bring

Your SPE ID and workout towel is a must with each visit. A showering towel and small gym bag is recommended. Proper gym attire is also a must including rubber soled athletic shoes, and loose fitting clothing without snaps, buttons, and zippers – nothing that will damage the upholstery.