



Find **everything** you need in
one **convenient** location!

Equipment

- Weight machines
- Free weights
- Treadmills
- Fitness bikes
- Rowers

The LLRC utilizes Matrix Fitness equipment, one of the world's premier commercial fitness brands. Matrix has brought many innovative and unique concepts to the industry.

Facility Features

- Aerobic studio for a variety of group exercise classes
- Gymnasium with basketball, volleyball, tennis courts
- Cardiovascular training equipment
- Locker rooms
- Walking/running track
- Towel service
- Facility rental available
- Vending machines
- Wi-Fi
- On-Site parking

Now is the perfect time to start your **wellness**
program at this **new** facility!

Hours

Monday–Thursday 5:00am–10:00pm

Friday 5:00am–8:00pm

Saturday 8:00am–3:00pm

Sunday 3:00pm–10:00pm

Summer Hours*

Monday–Friday 5:00am–8:00pm

Saturday 8:00am–1:00pm

Sunday Closed

**Memorial Day–Labor Day*

During the semester the facility will post closings prior to breaks and holidays as well as other college events.

For information contact:

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