Fitness Center
Western Campus

Contact us
If you would like to set up an appointment for an orientation to the equipment or have any questions, contact the Fitness Center @ 216*987*5518.
For Open Hours at the Fitness Center please contact:
Phone: 216-987-5518
Or Visit www.tri-c.edu/recreation
and click on Western Campus

Located at
Cuyahoga Community College
Western Campus
Fitness Center WRC-F101
11000 Pleasant Valley Road
Parma, Ohio 44130

FOR PERSONAL TRAINING
CONTACT
WESTERN CAMPUS
RECREATION OFFICE @ 216-987-5456

Available Equipment

Aerobic Equipment
Stationary & Recumbent Bikes
Stationary & Recumbent Steppers
Woodway Treadmills
Ellipticals
Versa Climber
“Lemon” Spinning Bikes
Treadwall (climbing wall)

Individual Weight Machines
Ab Crunch
Axis Pull Down
Bicep Curl
Cable Cross Over Assist
Chest Press
Dip / Pull up
Leg Extension
Leg Curl
Leg Press
Dual & Lat. Pull Down
Rotary Hip
Seated Calf
Shoulder Press
Triceps
Torso Rotation

Plates and Hand Weights
Max Rack with Bench
Press Rack with Bench
Smith Machine with Bench

Miscellaneous Equipment
Dumbbells, Medicine Balls, Kettle Balls,
Core Balls, Jump Ropes, Bosu Ball,
Resist-A-Balls, Exercise Mats,
Stretching Bands, and
Plyometric stand

SPRING 2015 SEMESTER – OPEN HOURS
MONDAY THRU FRIDAY 7AM-3PM
MONDAY THRU THURSDAY 3:30-7:30 PM
Limited hours Spring break March 14th through 20th
And May 15th through 30th
1. Must present a current My Tri-C student/staff/faculty ID or Guest Card along with a state Driver’s License and sign the waiver sheet.
2. Training personnel must be college employees.
3. No persons under the age of 18 are permitted in this facility, unless enrolled in a credit course.
4. No one may enter and use the Fitness Center without a supervisor or instructor on duty.
5. Fitness Center room tours must be scheduled with the Fitness Center Coordinator.
6. Appropriate exercise attire is required.
7. No sandals, boots, hard-soled shoes, open-toe shoes, slip on shoes, jeans, cutoffs, cargo pants or shorts (to include anything with buttons, rivets, visible zippers or chains. No pajamas. No bare chests, visible nipples, or showing midriff.
8. Change your shoes from usage outdoors. Shoes must be worn at all times (unless designated for Physical Therapy with a Physicians note).
9. All personal belongings are to be stored in lockers or personal vehicles.
10. Desk attendants are prohibited from accepting patron’s personal items while they’re working out.
11. No gum chewing or food permitted in the Fitness Center.
12. Only Water allowed but must be in a plastic container with a spill proof lid.
13. Refrain from using profanity.
14. Be courteous, share equipment and allow others to work in between your sets.
15. Anyone injured in the Fitness Center must immediately report the accident to the staff or instructor on duty and complete a college incident form.
16. Spray the provided towels with the disinfectant to wipe down equipment where contact will be made.
17. Personal music devices with earbuds may be used to listen to music only.
18. **FOR YOUR OWN SAFETY NO ELECTRONIC DEVICES ALLOWED.**
19. Unsafe use of equipment will not be tolerated. Equipment is to be used for its intended purpose only.
20. Do not attempt to repair or adjust any equipment that has malfunctioned. Report any equipment problems immediately to the staff on duty.
21. Rack all weights after each use and return all equipment to its proper place. Do not slam weights together or drop dumbbells, barbells, or plates on the floor or on the rack.
22. Always use a spotter when lifting heavy weights or attempting a maximum weight.
23. Do not slam weights together or drop dumbbells, barbells, or plates on the floor or on the rack.
24. Academic classes have priority of equipment use.
25. Anyone creating a disturbance or a problem with the staff will be asked to leave or will be escorted off the premises by campus police.

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**Main items to Remember:**
- Valid Tri-C I.D. or Guest Card with Driver’s License
- No personal belongings
- Clean modest athletic attire
- Times are subject to College policy and may change
- No food or beverages with the exception of Water
- No electronic devices allowed (e.g. Phones, Computer type devices)

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**FITNESS CENTER**

Open recreation is free to currently enrolled students and Tri-C employees with their College I.D. You must present your ID to gain access to the facility. Community members 18 and older, not enrolled in a course may use the facility by purchasing a College Guest Pass, and also bring a state ID/driver’s license.