

In the fall of 1969, the original physical education building opened its doors to students and community members at the Metropolitan Campus. The building housed the gymnasium, pool, exercise space, office space, as well as recreational space. In the last several decades, the Tri-C student body and community has grown immensely – and so have the demands for the recreation center.

The new state-of-the-art facility will continue the tradition of working with our community partners to promote healthy living for our students, staff and neighbors.

This facility also provides the necessary space for students enrolled in the Sport and Exercise Studies program at the College. This unique program offers students the knowledge and skills to become fitness specialists. Students completing the program receive an Associate of Applied Science degree.

**Recreation & Wellness Center
Hours of Operation**

Monday – Thursday	6:30 am – 8:00 pm
Friday	6:30 am – 6:00 pm
Saturday and Sunday	8:30 am – 4:00 pm

Facilities and Services

- Nutritional and fitness assessments available through the Dietetic Technology and the Sport and Exercise Studies Programs
- State-of-the-art fitness equipment including cardiovascular machines as well as hydraulic and resistance equipment
- Classroom space for group instruction
- Demonstration kitchen/classroom for seminars and workshops
- Clean and secure locker room and shower facilities with family changing rooms

Participate in numerous health activities including:

- Yoga classes
- Healthy-eating workshops
- “Boot camp” work-out classes
- Weight management programs
- CPR/First Aid training
- Dining with Diabetes info sessions
- Youth and family activities
- ... and much, much more!

Membership

Tri-C Students, Faculty and Staff:
Currently registered students or employees of Cuyahoga Community College may use our facility FREE by showing a current My Tri-C Photo I.D.

Community Members:
Memberships are available for \$85, however discounts are provided for neighboring residents and during the summer. This fee provides access to the fitness center, wellness programs, education programs, health assessments, pool and more!

In order to register, Community Members can:

- Call 216-987-3075 – let them know you are interested in using the new recreation center at the Metropolitan Campus.
- Visit www.tri-c.edu/MetroRec
- Pick up your registration and liability forms in the Recreation & Wellness Center, Room 113.

The calendar of classes and programs changes each semester.

For current schedule and registration information, please call, or visit:

216-987-3096
www.tri-c.edu/MetroRec



Preventative Care Center (PCC)

In collaboration with the Tri-C Preventative Care Center, located in the Health Career/Science building, the College can provide community residents with:

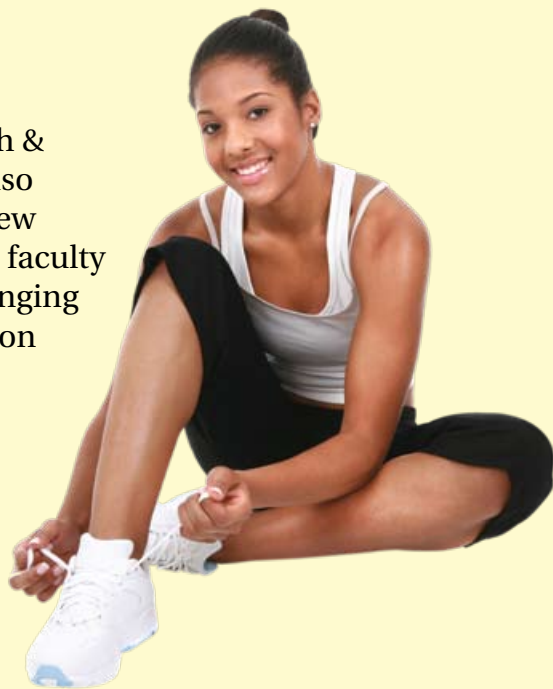
- Blood glucose, blood pressure and cholesterol screenings
- Assessment and rehabilitation in activities of daily living, home management and work
- Programs to prevent and manage back and neck pain and stress management techniques
- Optical dispensary and dental hygiene clinic

Call 216-987-3555 for more information or to make an appointment.

Wellness Center

The employee Health & Wellness Center is also located within the new facility to provide all faculty and staff with challenging programs, information and activities.

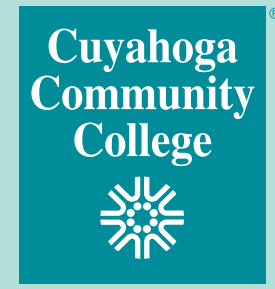
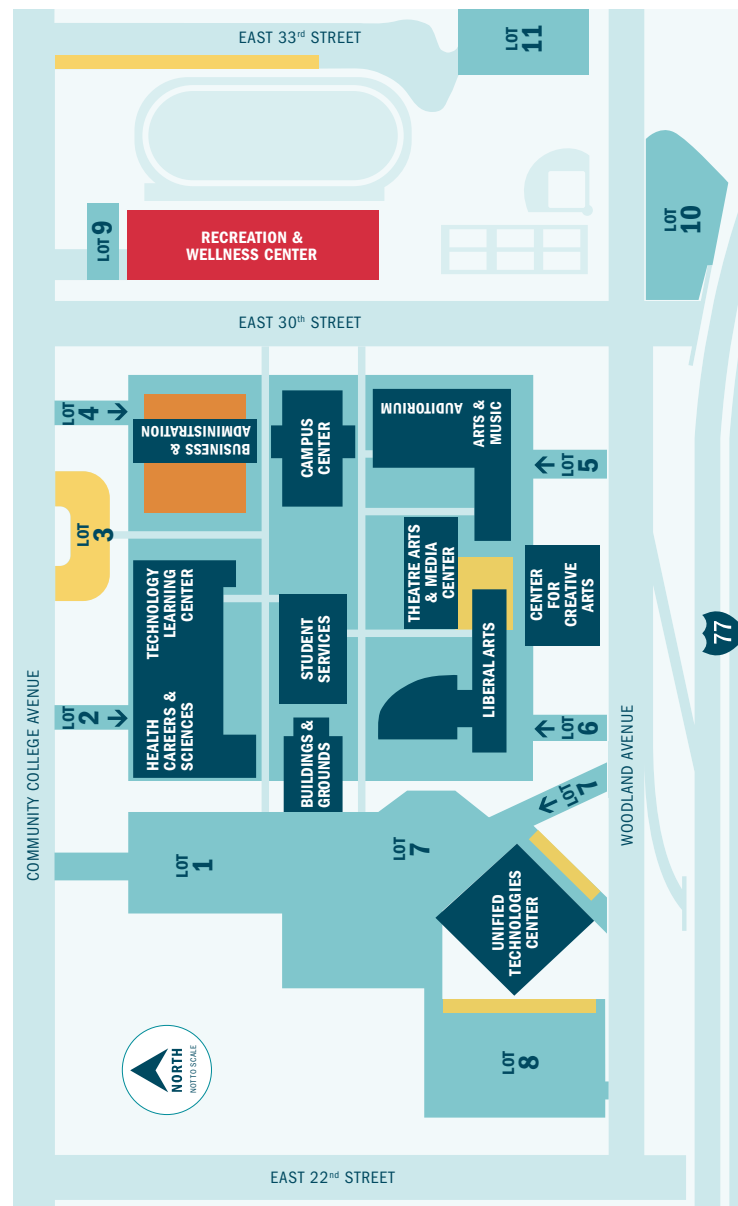
The Wellness Center is open from 9 a.m. – 4:30 p.m. Monday – Friday.



PARKING INFORMATION

Visitor parking is available in front of the facility on Community College Ave. in Lot 9 or on the corner of Woodland and 30th Street in Lots 10 or 11. Parking is also permitted on East 33rd Street with a valid Tri-C hangtag permit. All vehicles on campus must have a displayed Tri-C hangtag to park. Anyone with a My Tri-C space account, can purchase a permit online. Hangtags can also be purchased at any campus Enrollment Center or Bookstore or in the lower level vending area of the Recreation & Wellness Center. Permits are good for use on all campuses. Hangtag permit parking is 75 cents.

CUYAHOGA COMMUNITY COLLEGE METROPOLITAN CAMPUS



Recreation & Wellness Center

AT THE METROPOLITAN CAMPUS



Cuyahoga Community College is committed to enriching lives through lifelong learning, education and improved health and wellness.

216-987-3096 • www.tri-c.edu/MetroRec