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University of Guelph
- Guelph Gryphon
Athletics Centre

COMING TO CANADA: TAPOUT FITNESS



University of Guelph – Guelph Gryphon Athletics Centre

U. of G. creates an active living hub for students and its community

BY LYNNE SKILTON-HAYES

After 12 years of planning, the University of Guelph Athletics Centre opened its new Fitness Centre in September 2016.

The 22,000 sq. ft. fitness space, which offers plenty of exercise equipment and almost 100 group exercise classes per week, has allowed the university to address the growing demand for fitness activities on campus.

Located in the heart of the University of Guelph in Guelph, Ontario, the new Fitness Centre rapidly grew its student membership to over 9,000 active members (up from 4,000 at the previous facility) within the first few months of operation. The 9,000+ active memberships represent a remarkable 82 percent increase in student participation. (U. of G. total student enrollment is approx. 22,000).

Students can purchase an NRG pass for just \$45 per semester, which gives

them access to the Fitness Centre and unlimited access to classes.

The university has always catered to its students', staff and faculty members' wide variety of interests. Currently, members can choose from yoga, Pilates, aquafit, indoor cycling, boot camp, TRX, HIIT, ZUMBA, cardio kickbox, Pound and almost any other group fitness format they could desire. There are also specialized staff-only and women-only classes offered. The Centre is on track to deliver approximately 600 personal training sessions yearly.

“The university has taken a leadership position in ensuring that fitness is promoted as a priority for students and for the university community as a whole.”



This success story is about more than just building an outstanding facility. It also is a culmination of years of nurturing and cultivating positive experiences, positive body image and a life-long love of fitness through fitness participation.

With two full-time staff, over 80 part-time staff and 10 personal trainers, the university has taken a leadership position in ensuring that fitness is promoted as a priority for students and for the university community as a whole.

Part-time staff in the Fitness Centre attend a minimum two-day weight training supervisor certification course, as well as first aid and CPR certification. A wide variety of certifications in all areas of fitness are also

offered. The university is proud that approximately 25 percent of its outstanding Fitness Centre staff members go on to lead careers in fitness.

Equipment offered in the Fitness Centre includes a full range of technology-enabled cardio equipment, two large free weight areas, functional areas, open space, and plate loaded, weight stack and Olympic lifting areas.

The new facility also includes a full 2,000 sq. ft. varsity athletic training centre that accommodates 450 varsity athletes. **FBC**

Lynne Skilton-Hayes is the fitness program supervisor of the Fitness Centre at the Guelph Gryphon Athletic Centre. Contact her at lskilton@uoguelph.ca.



Quick BITS



The Fitness Centre at the Guelph Gryphon Athletics Centre

Guelph, Ont.

www.gryphons.ca

Owner: University of Guelph

Size: 22,000 sq. ft., including a 2,000 sq. ft. varsity athletic training centre that accommodates 450 varsity athletes

Number of members: 9,000+

Member demographics: students and university community members

Number of staff: 2 full-time staff, and over 80 part-time staff + 10 personal trainers

Equipment: cardio equipment, 2 free weight areas, functional areas, open space, as well as plate loaded, weight stack and Olympic lifting areas.

Membership fees: \$45 per semester