

ABOUT THE FITNESS CENTER

Located on the bottom floor of the CU Arena in the middle of Concordia's beautiful campus is the newly remodeled Fitness Center.

The Fitness Center offers the following features:

- Air Conditioning
- A detached Cardio Room with Cable TV
- New Surround Sound Stereo System
- Towels Provided
- On-Site Supervisors
- Locker Rooms/Lockers Available

FITNESS CENTER HOURS

Weight/Cardio Room:

Monday - Friday: 7:00 am - 9:00 pm

Saturday: 9:00 am - 5:00 pm

Sunday: Closed

Faculty/Staff/Students:

Mon./Tues./Thurs.: 8:00 am - 1:00 pm

Mon./Tues./Thurs.: 7:30 pm - 9:00 pm

Wed./Fri.: 7:00 am - 1:00 pm

Wed./Fri.: 7:00 pm - 9:00 pm

Saturday: 11:00am - 5:00 pm

Sunday: Closed

Athletic Department
Fitness Center
Concordia University
1530 Concordia West
Irvine, CA 92612-3299

CONCORDIA UNIVERSITY

FITNESS CENTER



2010-11
Information and
Registration

FITNESS CENTER REGISTRATION

Name _____

Dorm _____ Room # _____

On Campus Extension _____

Off Campus Address _____

City, State _____ Zip _____

Home Phone Number (____) _____

Year (FR, SO, JR, SR, GRAD) _____ Age _____

Email Address _____

____ Faculty/Staff Membership: \$20.00

____ One Semester Membership: \$20.00

____ One Year Membership: \$35.00

My Check is Enclosed

please make checks payable to: Concordia Athletics

Please charge to my credit card:

Visa Mastercard Discover (circle one)

Card No: _____

Expiration Date: _____

Name as it appears on card: _____

Signature: _____

Card Holder Address _____

City, State _____ Zip _____

I hereby assume all the risks associated with use of Fitness Center equipment and facilities and agree to hold Concordia University, its employees, agents, representatives and volunteers harmless from any and all liability, actions, causes of action, debts, claims or demands of any kind and nature whatsoever.

Signature of student _____

Date _____

CONCORDIA
EAGLES™

CONCORDIA UNIVERSITY FITNESS CENTER

CARDIO ROOM

The Cardio Room is separate from the weight room and includes cable television.



EQUIPMENT INCLUDES:

- Concept II Rower
- Life Cycle Bike
- Life Fitness Recumbent Bike
- Three Landis Treadmills
- Two StairMaster Steppers
- Two Life Fitness Cross Trainers

WEIGHT ROOM

The weight room is located in the main facility towards the rear of the circuit room.



It includes all equipment necessary to tone your body or build strength.

EQUIPMENT INCLUDES:

- Smith Machine
- Olympic Platform
- Free Weights
- And Much More!

For More Information Contact:
Joe Turgeon, (949) 214-3220

FITNESS CLASSES

Pilates

Yoga



Much More!!

