WRAC Spring 2022

In accordance with Northwestern State University, State of Louisiana, and CDC guidelines, the NSU WRAC will require modifications to our normal operations. These changes are necessary to protect the health of our students, faculty, staff, and community members.

* ***If you have been experiencing symptoms of illness, please do not come in until cleared by a doctor.***
* ***A face mask worn properly (over nose and mouth) is required inside the WRAC.***
* ***Social distancing of 3 feet is always required while inside the WRAC.***
* ***There will be no team sport equipment or playing in the gym until further notice.***

**Hours of Operation**

Monday-Friday 5:30am – 8:00pm

Saturday 9:00am – 5:00pm

Sunday 1:00pm – 5:00pm

**Facility (all equipment must be wiped down before and after use using provided gym wipes)**

Track

Track Cardio

Gymnasium –

Fitness Assessment Lab (by appointment only)

Group Exercise Classes

Core/Stretching Room

Fitness Floor (open – machines taped off that may not be utilized)

Free Weight Room

Racquetball

Steam Room (maximum 2 people)

Ping Pong

Café Area/Classroom (social distancing required)

Elevator (maximum 2 people)

**WRAC Staff**

The WRAC staff is service oriented and is here to make your experience the best it can be in safe surroundings. We ask that you follow all guidelines and respect our staff employees as they are here to operate this facility to the highest level possible. We all must do our part to have a great experience during these times. Any staff member has the authority to ask a WRAC member to follow guidelines and/or vacate the facility if not doing so. Specific information on WRAC programming may be found on our website:

<https://wrac.nsula.edu/>