



Contact us at:
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For more information on the web:
http://www.goredlands.com/Inside_Athletics/Strength_Conditioning/overview

1219 East Brockton Ave
Redlands, CA 92374

University of Redlands Fitness Center



FITNESS CENTER MISSION STATEMENT:

To provide students and staff the means by which they can train consistently, sensibly, and systematically over designated periods of time, in a safe, clean, and professional environment to help reduce the risk of injury and improve quality of life and performance.

To provide students and staff a knowledgeable resource by which they can educate themselves on the importance of daily activity, good nutrition and its role in health and performance.

SETTING:

You will find state of the art strength and conditioning equipment in this gorgeous 7,500 square foot facility! Equipment includes a huge selection of strength training machines, free weights, treadmills, stair climbers, bikes, and stability training apparatus.

FEES:

The University of Redlands Fitness Center is by far most economical in the area. The cost of a membership is just \$15.00 for an individual and \$15.00 for a Family membership!!!

Fitness Center Hours

FALL AND SPRING SEMESTERS

Monday:
6:00 a.m.-11:00 p.m.

Tuesday:
6:00 a.m.-11:00 p.m.

Wednesday:
6:00 a.m.-11:00 p.m.

Thursday:
6:00 a.m.-11:00 p.m.

Friday:
6:00 a.m.-6:00 p.m.

Saturday:
12:00 p.m.-8:00 p.m.

Sunday:
12:00 p.m.-8:00 p.m.

MAY TERM

Monday:
6:30am - 1:30pm/4:00pm - 9:00pm

Tuesday:
6:30am - 1:30pm/4:00pm - 9:00pm

Wednesday:
6:30am - 1:30pm/4:00pm - 9:00pm

Thursday:
6:30am - 1:30pm/4:00pm - 9:00pm

Friday:
6:30am - 1:30pm/4:00pm - 6:00pm

Saturday:
4:00 p.m.-8:00 p.m.

Sunday:
4:00 p.m.-8:00 p.m.

SUMMER BREAK

Monday:
7:00am-1:00pm / 3:00pm-8:00pm

Tuesday:
7:00am-1:00pm / 3:00pm-8:00pm

Wednesday:
7:00am-1:00pm / 3:00pm-8:00pm

Thursday:
7:00am-1:00pm / 3:00pm-8:00pm

Friday:
7:00am-1:00pm / 3:00pm-6:00pm

Saturday:
9:00 a.m.-4:00 p.m.

Sunday:
CLOSED



TAKE ADVANTAGE OF THIS WONDERFUL OPPORTUNITY FOR BOTH YOU AND YOUR FAMILY!!!