

WRAC Fall 2020

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 always required inside the WRAC, including while you exercise.***
- ***A distance of at least 6 feet from another person is always required while inside the WRAC.***

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 (Open)

Track Cardio (Open)

Gymnasium – Closed until further notice

Fitness Assessment Lab (by appointment only)

Group Exercise Classes (limit 15 people per class)

Core/Stretching Room (open)

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

Free Weight Room (open – maximum 50 in room)

Racquetball (singles only)

Steam Room (maximum 2 people)

Ping Pong (singles only)

Café Area/Classroom (social distancing required)

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/>