

Community Fitness Program FAQ

Who is this program for?

This fitness program is for adults who desire some supervision, direction, education, and camaraderie in their health and fitness efforts.

Where is the McPhee-Olson complex?

The McPhee-Olson complex is located on the upper-south side of the University of Wisconsin – Eau Claire campus. To access the facility, you can turn north onto University Avenue from Clairemont (Highway 12). University Avenue will take you north between the McPhee-Olson complex on your right side (east) and the Chippewa Valley Technical College (CVTC) on your left side (west).

Where should I Park?

Parking is available in several locations. You may park north of the McPhee-Olson complex (McPhee lot), although parking will be limited here (approximately 40 spaces) and we will ask those of you who are comfortable walking further to park elsewhere. Additional locations include the main parking lot on lower campus (Phillips lot) – you can then walk the stairs (good warm-up) up to McPhee. To the immediate west of the McPhee-Olson complex is a large parking lot managed by CVTC. There are numerous parking spots here that are free until 8:00 am. Please use this lot and be sure to leave on time to avoid getting a ticket. Parking in all of the above-mentioned locations is available to the general public for free until 8:00 AM.

What happens the first day?

Doors to the McPhee complex open at 5:25 am with a group orientation beginning at 6:00 am in McPhee room 162. Returning participants may elect to exercise before and after orientation. The program directors will welcome everyone and make some general announcements for the upcoming semester activities. We will match you with the students who will be working with you for the upcoming semester. After opening announcements, the remainder of the time is dedicated to students and participants getting to know each other. Physical activity and Health History questionnaires are reviewed, program goals are identified, and baseline assessments are scheduled.

What do I wear?

Every day, including the first day, you should wear attire in which you are comfortable moving and exercising. Most people wear loose fitting slacks or shorts, a T-shirt, and comfortable walking/running shoes. You can ask your students for additional recommendations.

What if I get lost or can't find a parking space?

We will have students at both the north, east, and west entrances of the McPhee-Olson complex directing you to the McPhee 162 classroom and additional parking locations should a specific location become full.

Payment

The cost of the fall program is **\$85**. Please make checks payable to **UWEC Community Fitness Program** and bring with you the first week. Payment by cash is fine as long as you bring **exact change**.

Final thoughts

Construction of the facilities, which began nearly a year ago, is complete; and our updated laboratory space and the new weight room look fantastic. The new batch of students should be contacting you via e-mail or phone in the couple of weeks to inquire about your program goals. I'm very excited about the upcoming semester - as always we have a great group of kids and we're looking forward to working with each of you to achieve your health and fitness-related goals. Please do not hesitate to contact me with any questions or concerns.

Take care,

Gary