MISSION STATEMENT

The mission of the Noon Hour Fitness Program is to assist members in discovering healthier lifestyles through exercise by providing informed staff and a comprehensive facility. The Department of Health and Exercise Science is committed to discovering new knowledge on healthy lifestyles and disseminating that knowledge through academic and outreach programs.

ENROLL TODAY!
Bring your CSU ID to Room 220 in the B-wing of the Moby Complex to enroll.

WANT MORE INFORMATION?
• call (970) 491-5081
• e-mail CHHS-HES_information@colostate.edu
• visit HES.CHHS.COLOSTATE.EDU/OUTREACH
DISCOVERING HEALTHY LIFESTYLES

ACTIVITIES AND PROGRAMS
(ALL INCLUDED)

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HOURS OF OPERATION
Program Hours: 11:30 a.m.-1:30 p.m. M-F

FACILITIES
The Noon Hour Fitness Program takes place in the Moby C Complex, this comprehensive facility includes:
THREE BASKETBALL COURTS - FOUR RACQUETBALL/ HANDBALL COURTS - SWIMMING POOL - WEIGHT TRAINING ROOM - CARDIOVASCULAR TRAINING ROOM - TENNIS COURTS (SEASONAL) - LOCKER ROOMS

Conveniently located at an Around the Horn bus stop.

SEMESTER FEE
Fee: $75.00 per semester*

*Current faculty and staff members may be eligible for a 50% discount through the Commitment to Campus Program. Call 970-491-5339 for details.

This fee includes the following: facility use, workout equipment, a locker, laundry service (workout clothes and towel are provided), lifeguards and other personnel. Fees for this program are billed through the Department of Business and Financial Services.

Have you been wanting to exercise but are just not sure how to get started?
Are you looking for a convenient and fun place to exercise?
Have you tried exercising on your own and found that you just don’t stick with it?
Do you want to lose weight, lower your blood pressure or decrease stress?
Do you wish you had more energy?

If yes, come and join us!