**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.

[www.hes.cahs.colostate.edu/outreach/noon](http://www.hes.cahs.colostate.edu/outreach/noon)

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**To Enroll**

Bring your CSU ID to Room 103 in the B-wing of the Moby Complex.

For additional information, call (970) 491-5081 or e-mail cahs-hes_information@mail.colostate.edu.

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**Noon Hour Fitness Program Enrollment Form**

Date _______________

Name ___________________________________________

Campus Address _______________________________

Work Phone (_________ ) _________________________

E-Mail _________________________________________

Employment Status:

❏ Faculty    ❏ Staff    ❏ Other______________________________

Return to Health and Exercise Science,
1582 Campus Delivery
Noon Hour Fitness Program

• Are you looking for a healthy break in your busy workday?
• Do you want to discover the benefits of a healthy lifestyle and how these changes could enhance the quality of your life?
• Do you want to release excess stress and tension by exercising?
• Do you want to exercise at a facility with convenient hours on campus?
• Do you want to build lasting relationships with fellow colleagues while having fun and staying in shape?
• Would you like to learn about healthy activities from a knowledgeable and supportive staff?

The Program

The Noon Hour Fitness Program is a service provided by the Department of Health and Exercise Science for current and retired Colorado State University faculty and staff.

The program offers a variety of options with the common goal of improving members’ cardiovascular fitness and muscular strength.

Members can participate independently, with colleagues, with a personal trainer, or in a class setting.

Special Programs We Offer

• RAMfit classes (Crossfit-type classes) are available free to all members and offer a time-effective, unique challenge to your exercise routine. RAMfit combines weightlifting, sprinting, powerlifting, kettlebell training, plyometrics, rowing and medicine ball training. This type of workout is adaptable to all abilities and ages.
• Personal training by a practicum student is available for those who are interested in beginning or improving their exercise program.
• Fitness assessments are available to all members and include a health history summary, blood pressure measurements, body fat measurements, a submaximal fitness test, muscular strength, muscular endurance, and flexibility.
• Dietary analysis is available for members to track their food and beverage intake for three days. A staff member will develop a computerized dietary analysis, and any areas of concern will be discussed.
• A comprehensive heart disease prevention program is available through the Human Performance Clinical/Research Laboratory, including a medically supervised maximal exercise test. This service requires an additional fee. Please see your CSU insurance plan for coverage details.

Facilities

The Noon Hour Fitness Program takes place in the Moby C Complex. The comprehensive facility includes:
• Three basketball courts
• Seven racquetball/handball courts
• Swimming pool
• Weight training room
• Cardiovascular training room
• Tennis courts (seasonal)
• Locker rooms

Semester Fee

Fee: $75.00 per semester*

*This program is included in Commitment to Campus benefits to CSU faculty and staff. Please call 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.

Hours of Operation

Program Hours: Monday through Friday
11:30 a.m.-1:30 p.m.

If this sounds like you, then the Colorado State University Noon Hour Fitness program is for you! We have an enthusiastic group of staff and practicum students available to support you with beginning or maintaining an exercise program.