

Hugh Mills Physical Education Center-GVL campus tour

Next up on our tour is the Hugh Mills Physical Education Center. This building is more commonly known as Campus Recreation and Wellness. Here, we offer students many amenities, including our fully equipped fitness center, a junior size Olympic pool, and a basketball gymnasium. The facility hours change based on the semester, but Spring and Fall semester hours are typically 6am until 8:45pm. Upon entering, students are required to swipe their Nighthawks card at the front desk. There will be a student worker at the desk ensuring you are able to use the facility. If the computer beeps two times, you are free to continue your way into the building. If the computer beeps three times, then there is an issue that is not allowing you to use the facility. To avoid this, make sure you have no holds on your account, are taking 6 or more credit hours on campus, or have paid the activity fee if you are taking online courses. Friends and family of UNG students are able to use the facility by paying a \$5 guest fee and filling out a liability waiver. If parents or friends are interested in continuous use, there is a community gym membership available through the Continuing Education Building.

Our fitness center is fully equipped with free weight, cardio equipment, cable machines, and much more. There will be a student worker on duty at all times that is available to answer questions about equipment or the facility itself. This is also home to our student lead fitness classes. These are paid for with part of the activity, so they are free for students to come and join. Times range from 6am to 5pm. We have 4 different trainers who offer classes for many different workout styles, including high intensity interval training, strength training, and cardio based exercise. Other classes that are available include Pop Pilates (which is very popular), yoga, and water aerobics.

Our pool is located at the very back of the building. A lifeguard is always on duty, meaning the pool is open at different times throughout the day. Schedules are available at the front desk that state the pool hours. The gymnasium is open the same hours as the facility. Basketballs, volleyballs, soccer balls, and other equipment are available for rental by students. All that is need is your 900 number, and the equipment must be returned the same day it is checked out when leaving.

The department of kinesiology and intramural sports are located in this building as well. Intramural sports applications are available at the front desk. Kinesiology classes take place in a classroom at the front of the building, as well as in the fitness center.

If you need this document in an alternate format for accessibility purposes (e.g. Braille, large print, audio), please contact Jorge Hernandez Cervantes, 678-717-3510, jorge.hernandezcervantes@ung.edu.