IOWA STATE UNIVERSITY

RECREATION SERVICES

STATE GYM

Pool, Vortex, Spa, Diving, Lap
Weight Gym
East Gym
Courts
Basketball
Volleyball
Badminton
Rock Climbing Wall
Bouldering Wall
Weight Equipment
Multi Purpose Studio 1218

Upper Tier: Administrative Offices
Lower Tier: Outdoor Recreation Office
Conference Room 0185

East Indoor Track

3rd floor indoor track is located directly above East Gym. Staircase located next to the Cycling Studio.
Lied Recreation Athletic Center
518 Beach Rd. Ames, IA 50011-1430
Service Desk: (515) 294-7140

1 FLOOR
1. 50yd x 60yd Artificial Turf
2. Racquetball Courts
3. Basketball Courts
4. Badminton/Volleyball Courts
5. Indoor Track
6. Bouldering Wall
7. Boxing Studio
8. Steam Rooms
9. Locker Rooms

2 FLOOR
1. Athlete Training Studios

3 FLOOR
1. Indoor Track
2. Stretching Warm-Up Area
3. Weight and Cardio Equipment
4. Day Lockers

*Badminton & Volleyball Courts Throughout
*Basketball Courts Throughout

Additional amenities include:
- 50-yard x 60-yard artificial turf
- Racquetball courts
- Basketball courts
- Badminton/volleyball courts
- Indoor track
- Bouldering wall
- Boxing studio
- Steam rooms
- Locker rooms

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Ames, IA 50011-1430
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