SELF-GUIDED TOUR

LIED REC

BUILT IN 1990

SWIPE TO BEGIN
+ BOULDERING WALL
+ INDOOR TRACKS
+ ARTIFICIAL TURF
+ BASKETBALL COURTS
+ VOLLEYBALL COURTS
+ BADMINTON COURTS
+ WEIGHTLIFTING EQ
+ CARDIO EQ
+ STEAM ROOMS
+ STRETCH / WARM-UP AREA
+ BOXING STUDIO
+ FUNCTIONAL TRAINING EQ
Lied is home to one of the largest indoor fields in Ames, Iowa. With over 3,000 sq yards of artificial turf, Lied indoor field is a great place for practices, events, and pickup games!

From sports clubs to ISU ROTC, Lied indoor field is a great place to practice all of your athletic skills!
Lied is home to one of the largest indoor fields in Ames, Iowa. With over 300 sq yards of artificial turf, Lied indoor field is a great place for practices, events, and pickup games! Lied’s lower track is used by Iowa State’s Division 1 Athletics team. Indoor meets are hosted here.

The majority of the time, hoops are down and nets are up for pickup basketball and volleyball (in addition to, pickup soccer or frisbee). It also serves as an indoor practice field for numerous sport clubs.
Lied Recreation Center has over 20 basketball courts available for students to play at any time!

The courts are available for use during facility hours for pickup games, but are also used for events and intramurals.
BEGIN FORWARD TO VIEW THE BOULDER WALL
The bouldering wall, is a great place to practice all of your climbing skills. Keep an eye out for our bouldering events, they’re super fun!

Don’t have the right equipment?
No worries! Turn around and head over to the front desk to checkout equipment.
LOOK LEFT TO SEE OUR RACQUETBALL COURTS AND THEN OUR BOXING STUDIO

LOOK RIGHT TO SEE MEN’S & WOMEN’S LOCKER ROOMS

CONTINUE DOWN THE HALLWAY
Located on your left are four racquetball courts.

The first three are dedicated to Racquetball, hence the floor to ceiling protected walls. Grab a racquet at the front desk!

The last studio hosts one of our most popular fitness classes... BOXING! Claim your spot and sign up on our website!

KEEP WALKING STRAIGHT DOWN TO THE END OF THE HALLWAY
CONTINUE FORWARD AND HEAD UPSTAIRS TO FLOOR 2
Authorized students are welcomed to use the olympic training room!

From tons of new lifting racks to Rouge equipment, the training room helps our athletes get to the next level! Must be authorized student athlete.
D1 Athletics Wrestling Studio

As members of the Big12 and nationally acclaimed, the Iowa State wrestling studio has helped shaped some of the nation’s best wrestlers. **Must be authorized student athlete to enter.**
CONTINUE FORWARD AND HEAD UPSTAIRS TO FLOOR 3
The Upper Lied Track overlooks the indoor turf field, basketball, and volleyball courts.

5.5 laps = 1 mile and it can be used for running, jogging, or walking.

Turning right, please stay in outer lane. WALK TO END OF STRAIGHTAWAY AND TURN RIGHT TO SEE OUR TRX STUDIO
From box jumps to bands, this fitness studio has many additional kinds of equipment for you to use.

Lied has TRX classes that incorporate band resistance workouts. These classes fill up fast! Sign up on our website!
Featured on your right are our cardio machines such as treadmills, stairmasters, and so much more.
Lied provides several racks and lifting platforms for all kinds of olympic lifts. Machines are spread out over the remaining 3rd floor for you!
CONTINUE STRAIGHT TO END OF CARDIO & WEIGHT AREA

PLEASE TAKE THE ELEVATOR OR STAIRS DOWN!
AT THE END OF THE STAIRS, TURN RIGHT TO EXIT BUILDING

THIS CONCLUDES YOUR TOUR OF LIED REC

FOR MORE INFORMATION ON OUR OTHER FACILITIES ON CAMPUS, SWIPE TO CONTINUE!
STATE GYM

+ Basketball Courts
+ Volleyball Courts
+ Badminton Courts
+ Indoor Tracks
+ Multipurpose Rooms
+ Weightlifting EQ
+ Cardio EQ
+ Leisure Pool
+ Cycling Studio
+ Functional Training EQ
+ Bouldering Wall
+ Top-Rope Wall
+ Outdoor Recreation Program
+ 75 FT LONG SWIMMING POOL
+ RACQUETBALL
+ SQUASH
+ BASKETBALL
+ VOLLEYBALL
+ FUNCTIONAL TRAINING ROOM
+ ESPORTS AND GAMING ROOM
+ 300 SQ YD INDOOR TURF FIELD
+ 2 INDOOR TRACKS
+ BOULDERING WALL
+ RACQUETBALL, BASKETBALL
+ VOLLEYBALL, SOCCER
+ WRESTLING TRAINING ROOM
+ BOXING STUDIO