SELF-GUIDED TOUR

STATE GYM

BUILT IN 1913

SWIPE TO BEGIN
STATE GYM

+ BASKETBALL COURTS
+ VOLLEYBALL COURTS
+ BADMINTON COURTS
+ INDOOR TRACKS
+ MULTIPURPOSE ROOMS
+ WEIGHTLIFTING EQ
+ CARDIO EQ
+ POOL AREA
+ CYCLING STUDIO
+ FUNCTIONAL TRAINING EQ
+ BOULDERING WALL
+ TOP-ROPE WALL
+ OUTDOOR RECREATION PROGRAM
TOUR ROUTE

START/END

FIRST FLOOR

ADMIN OFFICE

WHIRLY BIRDS

ELEVATOR

FITNESS & PERSONAL TRAINING SUITE

SECOND FLOOR

OUTDOOR REC PROGRAM (ORP) DESK

EQUIPMENT & BIKE MAINTENANCE GARAGE

MULTIPURPOSE ROOM

MULTIPURPOSE ROOM

POOL

BASKETBALL VOLLEYBALL BADMINTON COURTS

ENTER THROUGH THE RED GATE NEXT TO THE FRONT DESK
TURN RIGHT TOWARDS THE POOL TO VIEW THE CLIMBING WALLS
State features a bouldering wall, and a 40ft top-rope wall with 10 ropes with 22 routes with varying difficulty.

Top-rope workshops are available throughout the semester and multiple Intramural competitions are held at the walls during the semester.
The pool features a hot tub, high dive, volleyball area, basketball hoop, and a whirlpool.

Available during open swim and lapswim hours, the pool is also used for aquatic fitness classes and intramurals.
The lower free weight and selectorized equipment areas are all you need for a full body workout.

Includes cables, machines, platforms, bench, dumbbells, and much more.
The State Gymnasium has three courts used for badminton, volleyball, & basketball.

The courts are available for use during facility hours for pickup games, but are also used for events and intramurals.
CONTINUE UP THE STAIRS TO VIEW THE MULTIPURPOSE ROOM ON YOUR RIGHT
There are two multipurpose rooms in State used for fitness classes and events.

The upper multipurpose room is used for fitness classes such as dance, complete core, yoga, cyclone sculpt, and more!

Fitness classes are free to members and a great way to meet friends while getting a workout in.

VIEW ONE OF STATE’S TRACKS ON YOUR LEFT AT THE TOP OF THE STAIRS
The West Track is 1/8 of a mile and overlooks the basketball, volleyball, and badminton courts.

At each corner of the track there are additional dumbbells and manual stationary bikes.

TURN RIGHT AT THE TOP OF STAIRS TO VIEW THE CARDIO EQUIPMENT AREA
Featuring treadmills, ellipticals, bikes, rowers, stairmasters, and more!

State has over 125 weight and cardio equipment, much of which are our cardio machines that cover the largest area of the second floor.
CONTINUE STRAIGHT TO VIEW THE UPPPER SELECTORIZED WEIGHT AREA

THIS AREA FEATURES MANY OF THE SAME MACHINES DOWNSTAIRS
Our facilities provide ADA accessible equipment for our members to receive a full body workout.

The ADA & functional equipment area includes ADA accessible machines, functional equipment, and more! There is direct access to the elevator next to the restrooms.
THE CYCLING ROOM WILL BE ON YOUR LEFT ACROSS FROM THE EAST GYM

THE CYCLING ROOM IS USED FOR CYCLING FITNESS CLASSES
East State Gym is the oldest standing portion of the building from 1913.

Used for events and intramurals, the “Old State Gym” is also available for drop-in use.

Overseeing the courts is an indoor track that can be accessed through the stairs next to the entrance.
TURN LEFT AND CONTINUE STRAIGHT TO THE STAIRS ON YOUR RIGHT TO RETURN TO THE FRONT OF THE BUILDING

THIS CONCLUDES YOUR TOUR OF STATE GYM

FOR MORE INFORMATION ON OUR OTHER FACILITIES ON CAMPUS, SWIPE TO CONTINUE!
+ Basketball Courts
+ Volleyball Courts
+ Racquetball Courts
+ Indoor Turf Field
+ Steam Rooms
+ Weightlifting EQ
+ Cardio EQ
+ Indoor Tracks
+ Boxing Studio
+ Functional Training EQ
+ Boulder Wall
+ 75 FT LONG SWIMMING POOL
+ RACQUETBALL
+ SQUASH
+ BASKETBALL
+ VOLLEYBALL
+ FUNCTIONAL TRAINING ROOM
+ ESPORTS AND GAMING ROOM