

## **Dalplex Fitness Centre FAQs**

**Excitement is growing as construction of the fitness centre nears completion. Here are our answers to the most frequent inquiries we have received.**

### **Will membership fees be increasing?**

– No, we will not be increasing Dalplex membership prices during the first year of operation of the new expansion. We greatly appreciate our current members and thank them for their long-standing support of Dalplex.

### **Will the equipment in the new fitness centre be new?**

– Yes. The facility will have 74 brand new pieces of cardio equipment (including 25 treadmills, 27 elliptical machines, 17 stationary bikes and 5 rowers), as well as all-new strength training equipment (detailed equipment information is below).

There will also be new metal and rubber weight plates, Olympic bars, racks, platforms, benches, barbells, dumbbells and kettlebells, multi-functional cable machines, a TRX station, a landmine, a stretch machine, slam and bounce balls, etc.

Once we have an opportunity to settle into the new space and our members have a chance to use the new gear additional equipment may be added.

#### **Precor Cardio Equipment**

- 10 x 731 TRM- 20 A Treadmill
- 11 x 731 TRM- 15 A Treadmill
- 4 x Precor Assault Air Runner Self Powered Treadmill
- 10 x Precor 835 EFX- Elliptical (Lower Body)
- 10 x Precor 835 EFX Elliptical (Total Body)
- 3 x Octane Elliptical (Lateral Movement)
- 4 x Precor AMT 835 (Open Stride)
- 11 x Precor 835 UBK- Upright Stationary Bike
- 6 x Precor 835 RBK- Recumbent Bike
- 5 x Concept Model D- Rower

#### **Precor Selectorized Strength Equipment**

- 1 x DSL 0602- Leg Press 1
- 2 x DSL 0605- Leg Extension
- 2 x DSL0619- Leg Curl
- 2 x DSL0618- Glute
- 1 x DSL 0621- Outer Thigh
- 1 x DSL 0620- Inner Thigh
- 1 x DSL 0414- Converging Chest Press
- 1 x DSL 0505- Rear Delt Pec Fly
- 1 x DSL 0504 Lateral Raise
- 1 x DSL 0515- Shoulder Press
- 1 x i320 Assisted Chin / Dip
- 1 x DSL 0314- Lat Pulldown
- 2 x DSL 0324- Low Row
- 1 x DSL 0204 Bicep Curl
- 1 x DSL 0208- Tricep Ext.
- 1 x DSL 0714- Abdomen
- 1 x DSL 0623- Calf Ext

**Will there be air conditioning?**

– Yes, along with an abundance of natural light, the fitness centre will have air conditioning.

**Are there new basketball courts?**

– No, but planning is underway to renew/renovate the floor in the fieldhouse. Once we close the fieldhouse weight room and relocate fitness classes from the fieldhouse to the new studios in the fitness centre, there is an opportunity for potential additional court space in the fieldhouse.

**What about locker rooms?**

– There are three new locker rooms located on the main floor of the new fitness centre: Female, Male and Universal. The three original locker rooms in Dalplex will remain open as well.

**Is there a sauna in the fitness centre?**

- No, unfortunately space and budget did not allow for additional saunas to be included in the scope of the project. However, the current saunas in the original locker rooms were recently completely renovated (in 2014) and are in excellent condition.

**What are your plans for the small weight room near the original locker rooms?**

- We anticipate turning this space into a new Spin Studio, which will allow us to move the spin equipment over to Dalplex, from Studley Gym.

**What are your plans for the cardio room?**

- We are considering using this area as a social/lounge space, where students and members can meet, study, read, work and socialize.

**What's going to happen to the current Customer Service desk and reception area?**

- We are also considering using this area as a social/lounge space, where students and members can quietly meet, study, read, work, etc.

**When is the fitness centre opening?**

– Our target for opening the new fitness centre is mid-to-late spring 2018.

**What will be the hours of operation?**

– The hours of operation will remain the same as they are now at Dalplex.

**Where will the new fitness centre entrance be? How will I access everything else at Dalplex, like the fieldhouse, physiotherapy clinic, squash courts, etc?**

- There will be only one main entrance to the building – through the new doors off of the driveway. Once inside the building, you can access the new fitness centre and locker rooms, or you can walk past them and turn right down a hallway which will bring you to the 'old' main lobby, where you will be able to enter the fieldhouse via the ramp entrances, or take the stairs to the physiotherapy clinic, the original locker rooms, the pool, climbing wall, squash courts, offices, etc.

**Will there be any additional parking?**

- Yes, there will be at least 10 new parking spaces, including two electric charging stations.

Additional questions can be emailed to [comments@dal.ca](mailto:comments@dal.ca)