



Supporting Academic Classes for Spring 2025

Dear Members,

We are reminded this winter that our Athletic Center is situated within an educational division: Cañada College's Kinesiology, Athletics and Dance. Our priority is to serve students and support academic programs. This semester, the academic division will instruct students to learn more about the fitness equipment on the 2nd floor of the Athletic Center space. We ask that you support our students and faculty in their academic offerings.

Select pieces of fitness equipment will be reserved for 45-minutes following an academic class's lecture and warm-up. The specific pieces of equipment reserved may vary, and will take place on the following days and times for the academic division's **FITN 117, 118 and 119 classes**:

Morning sections from January 27 – March 6, 2025

Monday – Thursday: 45 minutes between 11:10 a.m. – 12:30 p.m.

Evening sections from January 13, 2025 – February 27, 2025

Tuesdays and Thursdays: 45 minutes between 6:10 p.m. – 7:25 p.m.

The reserved pieces of equipment will be marked with signage, approximately 2-hours before the classes begin to notify our membership.

The Cañada College Athletic Center asks for member consideration for faculty and students to please not use the reserved equipment during the designated instructional times. We remind everyone that the 2nd floor hosts over 185-pieces of fitness equipment; an open cycle room; and roof-top workouts (as additional fitness equipment training options) that include TRX straps, a free-weight training shed, pickleball courts and a running track. We also remind everyone that weekend hours are still extended to 5:30 p.m. on Saturday and Sunday.

The Cañada College Athletic Center continues to be grateful to each of you, who help make this vision of a unique, hybrid partnership a success – supporting the education of our students, while achieving your personal fitness goals and helping to create an amazing community at an incredible facility.

Thank you for your understanding and support.

Sincere Regards,

Grey Sanderson
Director of Community Fitness
Cañada College Athletic Center