Welcome to the DeFeudis Fitness Center!

**Hours**

Summer/Winter Hours
Monday-Friday 6AM-5PM
Saturday & Sunday Closed

Fall/Spring Semester Hours
Monday-Friday 6AM-10PM
Saturday 9AM-5PM
Sunday 10AM-10PM

Visit [wsulancers.com](http://wsulancers.com) for comprehensive facility hours.

**Membership** - For purchase during open hours at the Front Desk located in lobby.

<table>
<thead>
<tr>
<th>STATUS</th>
<th>IELI Students</th>
<th>Registered Elder Students, Faculty/Staff</th>
<th>Registered Elder Students, Faculty/Staff</th>
<th>*Alumni</th>
<th>Community</th>
<th>All</th>
</tr>
</thead>
<tbody>
<tr>
<td>DURATION</td>
<td>Semester</td>
<td>Semester</td>
<td>Academic Year</td>
<td>Annual</td>
<td>Annual</td>
<td>Summer</td>
</tr>
<tr>
<td>PRICE</td>
<td>$60.00</td>
<td>$62.50</td>
<td>$125.00</td>
<td>$200.00</td>
<td>$250.00</td>
<td>$25.00</td>
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</tbody>
</table>

All new members will need to complete the waiver at during 1st facility visit or via the portal.

*Must present Alumni Card from Alumni Office, Administration Rm 231. Payable with debit/credit card only. Members must be 18 yrs or older w/ valid photo ID. **Membership rates will be prorated during time of sale.**

**Equipment Breakdown**

9,000sq ft. /Two floors of fitness including:

- **CARDIO**: 12 Treadmills, 10 Ellipticals, Upright Bikes, Recumbent Bikes, Stairmills, Upper Body Ergometer, Indoor Rowers and TrueForm Treadmills.
- **STRENGTH**: 8 Power Racks, 9 Plate Loaded Stations, Dumbbells 5lbs-125lbs, 6 Functional Trainers and a 12 piece total body pneumatic resistance circuit.
- **FUNCTIONAL**: TRX Trainers, Kettlebells, Exercise Balls, Medicine Balls, Jump Ropes, Body Bars, Foam Rollers, Resistance Bands and Stretching Areas.
- Free Fitness Orientations and fee based Personal Training available.
Lancer Lounge
A juice bar and café that serves delicious food and drinks to Worcester State. Stop by for a smoothie or a sandwich. Open during the fall/spring semesters only.

Open Recreation
Equipment provided for members. Scheduled drop-in sports may include floor hockey, basketball, pickleball, badminton, indoor soccer and volleyball. The eleventh of a mile indoor walking track is available during practice/non-competition use.

Korzec Golf Simulator
The Richard R. Korzec Golf Simulator is available at a rate of $10/hour per person, up to 4 users at a time. Access the tee time reservations at wellnesscenterportal.worcester.edu, more information at wsulancers.com/Wellness/Golf_Sim.

Day Use Locker Rooms
Locker Rooms and showers are located on the second floor of the Wellness Center. Members must provide their own locks, and all items need to be removed prior to closing. Remaining items will be removed and collected for Lost & Found, review member policies at wsulancers.com.

Parking
Members are subject to parking policies and enforcement. WSU strictly enforces parking policies and assumes no responsibility for damage to any vehicle or its contents. Report all motor vehicle accidents on campus to University Police at 508-929-8911 or at Wasylean Hall, Office 102. We encourage on campus parking between 6AM-8AM, and after 4PM during the fall/spring semesters. Open parking on the weekends. Members are responsible for any parking citations.

Contact Information
wellnesscenter@worcester.edu
Wellness Center: (508) 929-8158
@WSUWellnessCtr
@wsu_woofit

Looking for portal access? Visit wellnesscenterportal.worcester.edu