

by northwest7

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EFC EXTENDS HOURS TO ACCOMMODATE STUDENT NEEDS



Photo by Amanda Modder

By Kaelan Hicks

The Northwest University Eagle Fitness Center (EFC) has updated its current hours. The EFC now opens at 6:00 a.m. every Monday through Friday and closes at 10:00 p.m. It is now open four hours earlier than it was previously during the week. These extended hours offer students, faculty, and alumni more time options to exercise. It is also open on Saturdays from 9:00 a.m. to 12:00 p.m.

Athletic Director, Gary McIntosh, said ASNU Vice President, Alex Lee, and Freshman Senator, Tate Kuykendall, contacted him in the fall about the idea of opening the EFC in the mornings to address NU students' need for better available times to use the fitness room.

"Since I oversee the EFC they came to me to see if this was a viable option. I told [them] that we [tried] this in the past and [it] didn't work very well. I was more than willing to give it a try again and see how it would work," McIntosh said.

So far, the new EFC hours has been helping NU students. Based on a scanning report, there have been a significant amount of scans in the mornings between 6:00 a.m. and 10:00 a.m. Students and faculty are seizing the early morning opportunities to work out.

As far as the EFC staff, the funds to pay for their extended hours during the early morning shifts came from the student development office.

Students have expressed excitement for the extended EFC hours, recognizing the benefits of being able to use their off-time throughout the day to work out during the new hours the EFC is in operation.

For student Charmaine Bradford, the new hours offer athletes to make an efficient use of their time.

"I think everyone is juiced that the EFC is open longer because it gives athletes the chance to get in the lab and get to working while everyone else is sleeping," Bradford said.

The use of the EFC's facilities is offered to current students, faculty, alumni, and the families of students and faculty. For traditional undergraduate students and employees, the cost is free. However, for graduate and College of Adult and Professional Studies (CAPS) students, alumni, and spouses of students as well as employees, the cost to use the EFC is \$15 per month. For families, the monthly

service charge is \$25. Monthly service fees are collected by check withdrawal on the first of every month.

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