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Lied Gets Toned

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It’s that time of day; jeans and sweaters tap out in place for athletic shorts and t-shirts, while water bottles are filled to the brim and sneakers laced tight. The doors open and you swipe your card and head to the treadmill as one of the nearly 22,000 gym patrons of the year. As a student at one of the fittest schools in the nation, it’s your moral duty.

Recreation services saw a 71 percent usage rate of its facilities last year from students. The increase in use comes with the convenience of having a more advanced facility on the west side of campus, eliminating the cross-campus trek that once deterred students from exercising. As the number of students on campus increases each year, the amount of money recreation services receives from facilities fees also goes up. Despite this, renovations to Lied are being funded with $1.1 million leftover from the State Gym renovations. Michael Giles, director of recreation services, says that maintaining and improving Lied is more important now than ever due to the increase in students and gym traffic.

The equipment in Lied ranges from 3 to 10 years old, with some having passed its warranty or life expectancy. The old equipment on the third floor will be replaced with brand new equipment to match that of State Gym. This includes cardio machines with built-in TVs along the north wall, free weights on the east side, lifting machines in the weight room and new floor, lighting and mats in the stretching area.

Once phased out of Lied, the equipment will be divided between the weightlifting club, Thielen Health Center and Beyer and Forker halls; the remaining equipment will be sold by Asset Recovery, a university department that sells retired equipment. If no other ISU department nabs the equipment within three weeks after it is listed, it becomes available for public purchase at weekly sales.

Lied’s facelift won’t keep gym-goers on the west side of campus for long. Renovations to the third floor are due to start Nov. 19 and the gym is set to open the first day of the spring 2013 semester. Giles says delayed equipment shipments may set that date back by a week, as it did with the State Gym Renovations. The track on the first floor of Lied has already been resurfaced and painted in preparation for the Big 12 Conference to be held this coming January and February.