

Reserved Hours FAQ – Bill Wedlake Fitness Centre

When will the Reserved Hours pilot occur?

The pilot will take place from Monday September 24th to Thursday December 8th, 2017.

Reserved Hours Schedule - Bill Wedlake Fitness Centre							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Lower Level Fitness Centre					
		9:30 am – 11:30 am					
					Upper Level Fitness Centre		
					1:30 pm – 3:30 pm		
Fitness Studio <small>*Fitness Classes may be scheduled during this time</small>			5:30 pm – 10:00 pm	5:30 pm – 10:00 pm	5:30 pm - 10:00 pm		

Why are you implementing a Reserved Hours pilot?

Our analysis of surveys and attendance reports indicates that women are not using the Fitness Centre as much as we would expect. Although women constitute 62% of the UWinnipeg student population, only 40% of Fitness Centre users are women. We look to address this low participation rate by finding ways to engage all students, including those who do not feel comfortable using the Fitness Centre. Reserved hours is one of several steps being initiated to address this issue.

What additional steps are you taking to increase usage of recreation facilities?

- Buddy and beginner programs will be introduced to provide inexperienced users the opportunity to receive instruction and become more acquainted with the facility in a friendly, supervised setting.
- Specific programming for women and non-binary individuals will be introduced into our Fitness Class and Intramurals schedule.
- Existing fitness spaces may be reconfigured to maximize accessibility. Underutilized equipment will be removed from the Fitness Centre, creating more space for users.
- A Code of Conduct has been developed that is mandatory for all Fitness Centre members and guests.

- UWinnipeg's comprehensive Sexual Misconduct Protocol expressly prohibits all forms of sexual harassment on campus and provides training to students and staff. Front-line staff in recreation facilities will be trained.
- Posters in plain language prohibiting sexual harassment will be posted in recreation facilities.

Where will Reserved Hours operate?

The Fitness Centre has two levels - upper and lower. Reserved Hours will occur on one level of the Fitness Centre at a time. The other level of the Fitness Centre will remain open to all users. The walking/running track and courts will also remain open to all users.

The new Fitness Studio (formerly the Mondetta store) will offer evening Reserved Hours. Use of the Fitness Studio space will not impact users in the Fitness Centre.

Where do I enter the Fitness Centre during Reserved Hours?

When the lower level is used, Reserved Hours participants will enter through the main gate entrance on the lower level. Other members will enter through the 2nd level doorway to the Fitness Centre, near the walkway that connects Duckworth Centre to the RecPlex.

When the upper level is used, Reserved Hours participants will enter through the 2nd level doorway to the Fitness Centre. Other users will enter through the main floor gate.

Who can attend Reserved Hours?

Anyone who identifies as belonging to one of these groups: women and non-binary individuals.

Does sexual orientation affect whether or not I can use Reserved Hours?

Sexual orientation has no relevance to Reserved Hours.

Where is the Fitness Studio and how can it be used during Reserved Hours?

The Fitness Studio occupies the space that was formerly the Mondetta store on the 2nd level of the Duckworth Centre, across the hallway from Café Bodhi. Exercise equipment such as free weights, exercise bands, balls and bikes will be made available in this space to Reserved Hours participants.

What will happen after the Reserved Hours pilot is completed?

In early 2018, after a follow up survey of Fitness Centre members is completed, the Reserved Hours trial will be reviewed and assessed in terms of impact on overall student attendance. A decision on Reserved Hours, going forward, will be made at that time.

Further questions can be directed to Tricia Klassen 204-258-2941 or Dean Melvie 204-988-7610