

MILLER OPEN

BUILDING HOURS

Building Hours

January 17 - May 9, 2012

Monday - Thursday

8:00 am to 7:00 pm

Friday

8:00 am to 4:30 pm

Saturday

9:00 am to 1:00 pm (*Saturday hours begin Jan. 21*)

Tennis Courts

8 Tennis Courts

Tennis equipment is available for checkout in the Issue Room

Racquetball

Sign-up schedule posted outside racquetball court

Staff and Faculty Basketball

Monday/Wednesday/Friday

Noon to 1:00 pm

Fitness Center Open Hours

Fitness Center is closed during class period.

Open hours are as follows:

Monday/Wednesday

11:20 am to 6:45 pm

Tuesday/Thursday

8:00 am to 9:00 am
10:30 am to 1:30 pm
4:45 pm to 6:45 pm

Friday

8:00 am to 4:30 pm

Saturday

9:00 am to 12:45 pm
(Sat. hours begin Jan 21, 2012)

Please check the schedule posted outside the fitness center (Availability may change without notice)

Equipment Available:

Cardio
2 Elliptical
3 Treadmills
3 Stationary bikes
Free weights
Pin select machines
Ab machines
Plyometric boxes,
Exercise balls and more!

Issue Room

Open and ready to serve you!

Monday - Friday

8:00 am to 4:00 pm

Available for check out *with your current KCC ID card* towels, locks, basketballs, racquetball equipment, jump ropes, and more

Miller Building Staff

Tom Shaw—Athletic/PE Chair, ext. 2548
Sharon Powell—Building Coordinator, ext. 2408
Cathy Slaughter—Secretary, ext. 2530
Charin Nichols—Issue Room, ext. 2569

We are here to meet your fitness needs!

Spring 2012