

When finished with the weight equipment, all barbells should be broken down to the bar and dumbbells should be racked. Wet wipes should be used to wipe down all weight and cardio equipment after use.

If you have any questions or would like more information, please see the staff on duty.

## RWC Staff

Bill Raynor  
Director of Athletics, Recreation and Wellness

## RWC Office

### Wellesley Hills Campus

Phone: 781-239-2664

Fax: 781-239-2669

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## Find us

At the Rt. 9 end of the Wellesley Hills campus

## Contact us

For information or to schedule an appointment: 781-239-2665

## Hours of Operation:

Monday to Fridays 9:00 am to 5:00 pm  
Closed Weekends



## Recreation & Wellness Center

50 Oakland Street

Wellesely Hills, MA 02481-5307

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*Your dreams. Our mission.*



MassBay Community College  
**Recreation &  
Wellness Center**



# SERVICES

## Fitness

### Aerobic Equipment

- Bikes
- Treadmills
- Stepper
- Elliptical

### Other Exercise Equipment

- Exercise Mats
- Sit-up machine
- Physio Activity Balls
- Medicine Balls

### Weight Equipment

- Dumbbells
- Leg Press
- Leg Extension/  
Leg Curl
- Lat Pulldown/  
Upright Row
- Chest Press
- Smith Machine

## Activities

### Gym

- Basketball
- Volleyball

### Intramural Programs

- 3 on 3 Basketball
- EA Sports Tournaments
- Fitness Competencies
- Volleyball

### Group Classes

The RWC Sponsors several group exercise classes each semester.

These include:

- Yoga/Pilates
- Karate
- Salsa Dancing Lessons
- Hip Hop Aerobics
- Zumba

## Frequently Asked Questions

### Where is the RWC?

At the Rt. 9 end of the Wellesley Hills campus.

### Who can use the RWC?

All students that are enrolled and in good financial standing with the College (bills paid). All Faculty, Staff & Administrators can use the RWC, also.

### How much does it cost?

It is free!

### When is it open?

Monday to Fridays 9:00 am to 5:00 pm  
Closed Weekends

### What if I don't know how to use the equipment?

Student Fitness Assistants will teach you.

### What is the Recreation/Wellness Center Programming Board?

This is a club comprised of students interested in programming events and activities that take place in the RWC.

### Are you handicap accessible?

Yes

## JOBS AT THE RWC

Opportunities to work at the RWC are available for students interested in the fitness industry.

### Student Fitness Assistants

These individuals are certified in First Aid and CPR. They are responsible for the daily operation of the facility, including overseeing adherence to facility rules and regulations in order to provide a safe environment.

### Office Assistant

These staff members have work/study grants and divide their time between daily office administrative tasks and special projects.

## RULES & REGULATIONS

The Recreation/Wellness Center (RWC) is available for use by all MassBay faculty and staff; registered MassBay students; and others designated by the appropriate and authorized College Official.

MassBay College ID must be presented upon entry into the facility. A liability waiver must be signed before using the facility for the first time.

Proper workout attire must be worn in all public areas, with the exception of the locker rooms. Bags, jackets, and street shoes should be stored in the locker, not in the fitness room or gym.

Day lockers and showers are available. You need to provide your own lock. Lockers are to be occupied only during the time the individual is using the facility. Locks left on overnight will be removed and the contents transferred to the lost and found.

Equipment (basketball and volleyballs) may be checked out with your MassBay identification card. You are responsible for all equipment that you check-out and must reimburse MassBay for any lost or damaged equipment before your ID is returned. Cell phones, pagers and other electronic devices are not permitted in the facility.