

Recreation Services/Fitness Feedback Corner

I love those two workers – Kristina and Hope! They always are moving about cleaning and helping others! They deserve a raise! Thank you! Students are given yearly raises!

Can we get some jump ropes? We will not offer as a check out for the following reasons: spacing within the fitness center, security and theft.

Where's the foam hand sanitizer for the Fitness Center? It would help prevent spread of illness!! Four dispensers have been stationed throughout the Fitness Center as of today. Thank you!

More treadmills x 2. We prioritize our equipment within the Fitness Center as we have a budget to maintain. If you would like to send donations in order to keep fees reasonable, please do so.

It would be great to have 10 – 12 of those plastic book holders that fit on the cardio machines and let you read a novel. The majority of our cardiovascular pieces have ledges and clips that allow you to place your books, magazines, etc on the display. With the heavy usage of our facility, these plastic hangers will not last because of misuse, abuse, theft, etc.

There should be waiting tags for machines like they do at the YMCA. All machines have 30 minute limits established within the manufacturers' settings. If you notice someone violating this policy, kindly ask them if their time is up or seek a Weight Room/Facility Monitor for assistance.

I love this gym! Keep doing such a good job! Thank you!

I miss the rowing machine that used to be on the second floor. Where did it go? There is at least one rowing machine located on the second floor of the KFFC.

Wow! We went from no rowing machine (or an "out of order" one) to THREE upstairs! Thank you!!

It would be great to get the equipment that works your obliques into the gym (and you rest against the machine). There are one or two in the varsity gym, but none in the regular gym. There is a Nautilus unit in the Field House that has a Rotary Torso piece to target your obliques.

Please put CNN back on 88. I can't get reception of it on 90, except right in front of the TV.

We love having a bathroom nearby. Thank you thank you thank you!!! (And we don't miss the snack bar!)

Would love a morning yoga class! -Anne Selna

Classes are scheduled according to the instructor's availability. If you have someone in mind that is certified and able to teach in the a.m. please send them my way!

Hand sanitizer in the downstairs weights area

We are looking into offering Aloe Gel dispensers in the Fitness Center.

Get some BOSU training balls (1/2 exercise ball, 1/2 flat). Get the radio units for cardio machines so we can listen to the TV programs (everyone has iPods which don't have radio components).

Maybe since all the TVs are "Radio Stationed" you could have radios available at the KLARC front desk. You know rent them out like you do tennis rackets and such.

- We purchased 2 BOSU Balls this semester! They are currently out on the floor.
- We will look into having radio units in a priority order of equipment/requests for equipment enhancement for the fitness center.

Can you please get some weighted medicine balls with the yoga balls & such? Thanks!

- We have purchased Stability Balls, BOSU Trainers, Foam Ball rollers this past year! We have not looked into medicine balls at the moment because we have noticed a disappearance of the equipment we have purchased to date for the Fitness Center. We will keep it in mind for the future.

**You never got my 75lb weights! And I want a Smith machine. James Houlihan.
75lbs weights.**

- An order was placed earlier this semester for dumbbells, cable attachments, plate-loaded leg press and some other miscellaneous strength equipment.

More yoga classes please.

The classes are great... but I would some more yoga.

- We did increase our Yoga offerings to 3 classes/week from 2 classes/week.

Could you write a hand out on what the difference would be between a workout for muscle building and a workout for weight loss?

- Yes, this is in the works! Additionally, workout advice, information will be featured in this month's upcoming "Towel Talk".

We need a machine for forearms.

- There are many ways to work forearms without a machine. You can use free weights (dumbbells, barbells) and perform wrist extension/flexion. You will work forearms as secondary muscle groups when performing bicep curls with overhand grip.
- There are other pieces of equipment that hold a higher priority rating than an isolated machine for forearms.

We need a scale in the fitness area.

- A scale is located in the Women's and Men's fieldhouse locker rooms for privacy.

Where's the rowing machine? Why can't we have even one machine reserved for fitness use?

- The rowing machine we have in the Fitness Center is property of the Women's Crew Team.

I've been visiting my daughter in Colorado. Much to my surprise, my favorite machine was/not around when I returns. The rowing machine. It's great for the whole body and as a senior it is wonderful. Hope it comes back. I miss it because it made me feel great. One of your seniors.

Please fix the water fountain. Thanks!

- Fixed 10/6/2006!

Is there any chance you could bring back something similar to the Bison Stop or at least more extensive vending machines. This would be really convenient and helpful for everyone especially varsity athletes who spend many consecutive hours here. Thanks!

Please get free towels!

There are always leaking showers in the men's lockers – especially far right hand corner as you look into the shower room. Terrible waste of resources, money, etc. Please repair for good (8/31/2005)

- Mike McFarland, AD Facilities and Event Operations, has been notified and will take appropriate measures to rectify this situation.

We hope the upstairs rowing machine will return soon! We need at least one erg machine in the cardiovascular fitness center (9/5/2005). What happened to the rowing machine upstairs? We've gone from 3 Concept II Rowers to 0. Best machine for all around cardio workout. Thanks for the erg machine.

- Steve Kish has returned 1 erg to the fitness center. All ergs are property of Women's Crew and they have been kind enough to allow us to utilize 1 – 4 of their ergs. We will look into purchasing at least 1 erg in the future.

The machines are looking cleaner!

- Thank you! The weight room monitors do a tremendous job with the upkeep of the equipment and fitness center supervision.

There are really only 4 good treadmills and it can be impossible to find an open one. You may want to think about replacing/adding new treadmills. Thanks! 8/30/05

- A new Life Fitness treadmill has been purchased and is scheduled to arrive October 10th, 2005.

Please put new pads on the bicep machine. (Tyler Troast)

- Completed!

Please put the food station back. It was great for getting H2O or Gatorade or sandwich on the way out.

- Parkhurst management has been informed of this suggestion and will revisit the idea of opening the Bison Stop up in the spring.

More ellipticals, less bikes.

- We purchases two Life Fitness cross-trainers recently! They are scheduled to arrive October 10th, 2005.

Weight belts in the free weight room.

- Participants are encouraged to bring their own weight belts, lifting gloves/straps, etc. as these items should not be shared for a number of hygienic reasons. We will look into selling weight belts, lifting gloves/straps on campus.

I wish there was an aerobics class that was extreme cardio.

- We will consider this "type" of class for the spring semester. We do offer a variety of classes of varying intensities. Check out our web site for class schedule and descriptions.

Spinning cycles are in the way of a lg. aerobics class.

- Reebok bikes were moved against the wall creating more room for the larger group fitness classes.

Ants in the upstairs ladies bathroom back stall. Also, many of the ellipticals are squeaky – oil? (9/15/05)

- Mike McFarland, AD Facilities and Event Operations have been notified and will take appropriate measures to rectify this situation.

Leg machines – more leg curls, squats, leg extension – always waiting (Jim Doyle) 9/19/05.

- We have a KLARC patron rush from 3:30 – 5:30 p.m. Monday – Thursday. Perhaps you can reschedule your workouts. Additionally, workout etiquette is to allow fellow patrons to workout in between sets. We are limited in space and money for duplicate machines at this point in time.

A patron of the fitness center suggested putting clocks in the weight area of the lower levels so they can time their workouts (8/13/05)

- There are two clocks that are visible on the first floor. One is located near the facility monitor's office. The other is located in the Natatorium. Both are easily visible throughout the first floor.

Need sweat towels.

- Patrons are encouraged to bring their own towels when working out in the KLARC. Additionally, we encourage patrons to wipe down equipment before and after use.

- Members of the KLARC and students are eligible to check out a towel from the men's/women's equipment rooms. However, towels may be limited as priority is given to the student athletes.
- University employees are eligible to check out workout clothes and towels out from the men's/women's equipment rooms with their Bucknell ID.

Could we please have one TV upstairs devoted to the Country Western Channel? They are all news and sports now. Thanks! (9/27/2005)

- We strive to offer a variety of TV programs throughout the facility. Will look into offering a country western program somewhere throughout the facility in the near future.

Bucknell should get a nutritionist on staff here so they could help students find a healthy, balanced and size appropriate diet. (9/27/2005) I think you should have a nutritionist on staff or supply some kind of nutrition program because I don't know how to eat right and I would like to. (9/28/2005)

- Recreation Services offers consultations which involve the creation of exercise programs and general advice on nutrition. Additionally, we offer workshops/clinics geared directly to nutrition, creating exercise programs, etc. Finally, we will pass this information onto Student Health Services as they did have a part-time Registered Dietitian on staff.

Please put mats (yoga, foam, etc.) in the stretching area because it is hard and hurts to stretch, do push-ups, etc. on the rug. Thanks.

- There is one large stretching mat located upstairs on the cardio platform. Additionally, we will have another large stretching mat located on the first floor of the fitness center in the near future. We will visit the idea of having individual mats located under the staircase, by the stability balls, in the near future.

Possibly putting up sign-up boards/white erasable boards next to the cardio machines so people know who is in line waiting for the machine.

- We will consider this option as fall is quickly approaching us and usage will surely increase on all our equipment.

Please cement the Express to two bathrooms. (10/2005)

- The future of the Bison stop is still being considered. Restrooms closer to the fitness center have been discussed. Thank you for your suggestion.

Please figure out how the subtitles work on the TVs. Thank you. (10/14)

- BUTV is working on this issue as it is out of our hands at the moment. When the issue is resolved, we hope subtitles will be possible with BUTV.

We need more clocks – both levels. This would be helpful during workouts to time between sets. Currently, you have no clocks near the weight machines and two it is hard to time. (10/7/05 – Frequent patron)

- We have looked into this inquiry a couple of times and have not come up with a logical location for the clock in the second room. There are two visible clocks on the first floor

(Natatorium and first room on the first floor of the fitness center). We will continue to look for a solution.

A restroom more nearby would be beneficial. (10/7/2005)

- We are continuing to look into this possibility.

Thank you for fixing the elliptical machines! (Shelby)

- Thank you!

KREBS: The new cross-trainers and treadmill are both excellent! (10/13/05 – Roberta Sims)

- Thank you!

Everything is as set up is great! However, the Iso-Laterals are always left loaded up with weights that I am unable to remove!! (10/18/05 – Paula)

- Thank you! We have staff that clean up the fitness center and re-rack weights 92/115 open KLARC hours. Additionally, we have signage posted around the facility to encourage patrons to re-rack weights. If you need assistance, seek out a weight room monitor.

I liked how the machines were set up before fall break. More treadmills upstairs. (10/20/05)

- The new facility layout has decreased our liability issues 100%. Additionally, the flow of the layout is smoother and user friendly. We are limited with the number of treadmills we can have in one room due to the electrical layout and the voltage that each treadmill requires.

Signage in the restrooms indicating the importance of washing hands after using them. Spread of germs too easy. I have talked with SHS and they informed me to contact someone in Athletics & Recreation.

- We have looked into this suggestion and we will continue to look into it and support a university wide initiative as our building is not the only building on campus with this issue.

More Yoga Please!! Vinyasa flow? Power? Etc.

- Power Yoga is now offered Monday – Thursday, 5 – 6 p.m. (1/23 – 5/2)

How about wall-mounted containers of anti-bacterial gel (like Purel)? It would also be nice if tissues could be provided. Amanda Kessler, 1/3/06.

- Will look into the anti-bacterial gel. Tissue is available in all rest rooms throughout the KLARC.

There ought to be mirrors in the weight room at least in front of the squat racks so someone doesn't hurt themselves.

- We agree! Thanks to BSG and the Department of Athletics and Recreation mirrors were installed over winter break!

For Christmas the one gift I could most use is: a high quality fixed gear spinning bike with toe clips. Preferably better than the class machines. One or two machines would be enough. To fulfill my New Year's resolutions. Phil Haines, 12/15/05, 523-6966.

- We offer group cycling through the group fitness program. Additionally, we are looking into purchasing a new cycling set (11) in the near future.

More Treadmills & Precor Machines.

- We will keep this in mind when making a cardiovascular purchase decision.

Ballet barres to stretch with. Coopers, 11/30/05.

- Ballet bars are located in the aerobics studio, second floor of the Gerhard field house.

The training logs on dark paper with the bison are hard to write on – you can't see what you wrote! Still using them though! Peggy Wilder, 11/28/05.

- We will use different paper when copying strength logs.

Suggestion – hanging files or file box where people can store their workout routines/schedules and record activities. I have to figure out where to put mine when I decide to run before coming over to life. Molly O'Brien, 12/3/05.

- At the present moment, we do not have the ability to accommodate a filing cabinet in the fitness center. We will look into alternative methods for filling strength training logs.

Could we have the rowing machine back? I use it 3 times per week.

What happened to the rowing machine upstairs?

- The Concept II Indoor Rower has been placed in the KFFC as a "courtesy" gesture by the Women's Crew team. There are a few times per year, when they need all ergs available for team practice. This is when a rower could/has disappeared for a day or two.

Please fix the seat on Spin Bike # 4. It can not be ridden as is. Thanks!

4th Bike from the left – seat is broken.

- Equipment has been fixed.

Need a new stereo - always breaks.

- Stereo has been looked at and no problems surfaced during the inspection. We have made a note about the stereo and will continue to monitor.

Do you clean the mats that are upstairs/downstairs? I worry about the risk of bacteria, particularly fungus.

- All areas/equipment in the Krebs Family Fitness Center receive detailed cleaning twice a day during the school year and once a day during the summer. Additionally, patrons are encouraged to clean after using equipment.

75 lb free weights.

New free weights!

We need multiple sets of 25lbs DB, more cables and a decline bench. Also to ensure cardio rules of ½ have people sign up for when they want a machine offering 20 minute slots. (Michael Simone, 2/23/06)

Get another set of free weights, 25lbs DB. (Kefer)

It would be much appreciated if the school would purchase some replacement 75 lb weights/DB! (Dan Greenberg, 4/26/06)

Need 75 lbs free weights. They are crucial. Thank you.

75 lb free weights.

75 lb weights in the weight room. Please!

More heavy stuff please.. (Dumbbells?)

Weight Room – decline bench.

First floor machines, I would love to see a smith machine added, great for upright rows, squats, etc. (Mike, 2/21/06)

- A proposed list of Krebs Family Fitness Center equipment needs has been compiled and will be submitted for the upcoming fiscal year. The weight room will be given top priority this fiscal year.

TV's in the weight room.

- We will research and look into this suggestion.

I think fans would be a good idea – the gym feels stagnant most of the time esp. when it's hot out. (4/19/06)

- We will research and look into this suggestion.

We would like more elliptical machines with movable upper body workout. Please fix the machines in the Krebs that are broken. It has been at least 2 weeks. Thanks. (2/24/06)

- We have addressed this suggestion and will keep it in mind when purchasing new ellipticals in the future.

Upstairs Women's Restroom: Could you install a bench or table or shelf? There is not place to put gear (except floor). Thank you.

Could we get a swimsuit wringer machine for the Women's locker room? It spins them when you push on the lid – they're great!

Consistent Problem: Women's Locker Room, Kinney, water not draining in shower area; day use locker area floor is always wet.

- Mike McFarland, AD Facilities and Event Operations, and Pam Arnold, Aquatics Director have been notified and will take appropriate measures to rectify this situation.

I had my shirt stolen when I was swimming. I had to walk out of the pool area and to the front desk in my bra. I complained to Pam Arnold, but nothing was done. I had to go home in my bra.

This happened a day before classes started this semester. Amy Bossler,

Abossler@bucknell.edu. 2/15/06

- Pam Arnold, Aquatics Director have been notified and will take appropriate measures to rectify this situation.

Concerning the Hammer Strength weight machines – For those of us who are starting out or just not so strong it would be very much appreciated if those people using heavy weights would remove them upon finishing with each machine. Many times I cannot use these machines because the weights on them are too heavy for me to remove. Thank you! 2/1/06

- Beginner exercises should not be using the Hammer Strength pieces as they are geared for more advanced exercisers. Patrons are encouraged and asked to return weights to proper locations and Weight Room Monitors supervise the Krebs Family Fitness Center 96/118 hours we are opened/week.

Some of the treadmills are terrible. More decent ones needed.

We need new treadmills + more of them.

- We have flagged this issue and will address it in the near future.

Can we have erasable sign up boards on the walls so we can sign-up by time for machines?

- We will look into this suggestion.

Fix machines please!

Please fix the leg press and the adductor machines.

Please repair the LF weight machines that are broken. Thanks.

Fix the broken machines or buy new ones in the Krebs Fitness Center. A machine with a sorry sign makes sense for a week. But it has been about 3 – 4 weeks on the leg press which is pathetic. P.S. A punching bag would be nice.. my choice. (Nathan Young, 3/2/06)

One leg machine out of order for months. Why? No one to fix? BU can do better.

Can't the weight machines be fixed a little quicker? 2/19/06

Yes, I spelled hip adductor wrong but I still would like to use it. Thank you.

It's taking a long time to repair the hip abductor machine. 2/28/06

Please fix the seated leg press machine. 2/8/06

Please get the leg machines fixed as soon as possible... They're my favorite!

Get machines fixed quicker; machine has been broken for a week and a half. 2/9/06

Question: When will the leg-press machine be repaired? (It's been broken for a month). We miss it.

Please fix the sliding leg press and the inner thigh machines please! Beach season is coming soon and our legs need to look fabulous! 2/1/06

- We have a contract with Fitness Headquarters to service our equipment on a monthly basis, at times more. In respect to the leg press and hip abductor machines, the issue was with the vendor and the parts that were being sent which caused a delay in maintenance. We did our best to rectify the situation, however the situation and the speediness of Fitness Headquarters to maintain the equipment was controlled by the manufacturers.

Please put captions on the TVs upstairs.

- Completed!

All machines need a thorough cleaning.

- All areas/equipment in the Krebs Family Fitness Center receive detailed cleaning twice a day during the school year and once a day during the summer. Additionally, patrons are encouraged to clean after using equipment.

I think the gym is beautiful, very clean and for that it is always crowded. There are too many stair masters and not enough treadmills/bikes/ellipticals. I'd also like if there were high intensity cardio programs available. Thanks!

- Our goal is to provide a variety of cardiovascular and strength training equipment.

- We will consider this “type” of class for the spring semester. We do offer a variety of classes of varying intensities. Check out our web site for class schedule and descriptions.

Get mic fixed – very squeaky. But Diana is a great instructor.

- Mic has been looked at and no problems were noticed. The mic is very sensitive to location on the individual and proximity to the speakers. If either one of these areas are not 100% perfect, irritable sounds will resonate throughout the room.

75 pound Weights & more 25 pound weights.

- This will be added to our equipment request list.

10 TVs but no 75 pound weights? Get priorities STRAIGHT! (Dan Greenberg)

Could you keep more magazines out? Thank you!

- BSG purchases and supplies magazines for the fitness center as well as users donate old magazines.

Get some new squash equipment already!

- Replaced.

Convert Bison Express to Rest Rooms for needed use, please!

- Done!

Could you get weighted medicine balls downstairs?

- We will look into additional accessories in the fitness center.

Water in water fountain is warm.

This is a wonderful gym – I enjoy it so very much! Just one suggestion: it would be nice to have one more rowing machine – it’s a popular item and would please many others.

On the second floor, facing the machines, squeaky sound occurs when the second machine (on the right) when in operation. Please number the machines for easier reporting.

Is it possible to tell patrons of the KLARC to be more quiet while working out? One in particular (usually in the gym most weekdays between 4:30 and 5:30) yells very loud and makes the most disturbing noises. It’s quite annoying to other patrons as numerous people have made mention of it. Also, this young man is constantly dropping weights, which cannot be good for the equipment!

Please, bust the guy who throws the weights down (free weight room) and the same guy for allowing (i.e. showboating) the weights to S – L – A – M down in the machine room. This is for the preservation of equipment facility.

In the changing rooms, you could put a drying machine. You could put your bathing suit in and press a button, and it squeezes it dry in about 20 seconds.