



## MEDIA RELEASE

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### ASI Donates BFC Fitness Equipment to KHP

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POMONA, Calif. — August 7, 2014 — The fitness equipment in the space formally occupied by the Bronco Fitness Center (BFC) has recently been donated by Associated Students Incorporated (ASI) to prepare for the opening of two new spaces on campus this fall: the Bronco Student Center (BSC) multi-purpose lounge and the Bronco Recreation and Intramural Complex (BRIC). With the BFC currently undergoing renovations, transforming into the new BSC multi-purpose lounge, all of the BFC equipment were transferred to the Kinesiology and Health Promotion (KHP) department at Cal Poly Pomona (CPP).

KHP Department Chair Dr. Perky Vetter, PH.D. explained the formal transaction between ASI and KHP was a “transfer of equipment” from CPP Student Affairs to Academic Affairs. With the long history of ASI and KHP working in unison on the BRIC, it was appropriate that the fitness equipment from the BFC would be added to the existing equipment used by students and faculty in KHP.

Krista Smith, director of recreation stated that “the repurposing of the former BFC fitness equipment is a testament to ASI and CPP's commitment to sustainability. Instead of discarding used equipment, we are maximizing its usable and functional life to support various aspects of the CPP student experience. Go Green, Go Broncos!”

All of the equipment transferred was in good condition—newer models of the equipment KHP currently uses—offering accessibility features. A portion of the equipment donated was moved to the KHP weight room for students to take classes, which includes selectorized equipment, ellipticals and treadmills. Some of the equipment donated was even reupholstered by KHP for a new, fresh look. Dr. Vetter indicated that this equipment would be used in four different

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academic locations: student weight training classes in two separate facilities, biomechanics lab, and exercise physiology lab. However, the most exciting aspect of receiving this equipment was the opening of a student strength and conditioning lab which can also be used for faculty research. "Without the contribution of this ASI equipment, KHP would not have been able to increase the student experiences in such a short period of time. The collaborative effort has been a wonderful experience that will greatly benefit the general student body as well as the KHP majors," said Dr. Vetter.

The Muscular Development and Testing Lab, an exclusive space for students to learn and for faculty and grad assistants to do research, features a majority of the equipment, including: a squat rack, a weight-lifting platform, plyometric boxes and dumbbells. The Human Performance and Biomechanics labs both feature one spin bike and treadmill from the BFC. And now with the help of this donation, KHP will be able to offer spin classes in the Aerobic Studio located in the Kellogg Gym, which now has 18 spin bikes.

But the donation of BFC equipment did not end with KHP. "We wanted to show our dedication to the university by reaching out and partnering with different departments around the university," Drew Caustrita, fitness assistant explained. Those extra donations include: one treadmill and spin bike to the Biology department, five strength and two cardio pieces to University Housing Services, and four pieces of strength and cardio equipment to Bronco Athletics.

"Students are encouraged to take one of our weight lifting classes (class code KIN 165A) and learn the mechanics of proper lifting before using the BRIC," Dr. Vetter suggests. She explains that in order to avoid injury, it's important for students to be educated on the proper techniques and safe use of fitness equipment. With the BRIC opening fall 2014, there is a higher need for KHP to notify students of the classes offered and how those classes will benefit students beyond the classroom, especially at the BRIC.

The BRIC is 165,000 square feet and is scheduled to open fall 2014. The facility will be open seven days a week and features: a 10-lane lap and leisure swimming pool, a 54-foot climbing wall, five fitness studios, three courts, a multi-activity court, functional training areas, an indoor

running track, cardio and strength equipment, and a juice bar. For a look at the BRIC 3-D virtual tour, visit [bit.ly/brictour](http://bit.ly/brictour).

ASI is a non-profit corporation that provides facilities, programs and services to students as well as student representation at the campus level and the California State University system-wide level. ASI is comprised of student leaders, student staff and professional staff. A majority of ASI programs and services are run by students and guided by full-time staff, fulfilling the motto of "students serving students."

For more information about ASI and the BSC, visit [asi.csupomona.edu](http://asi.csupomona.edu). For more information about the BRIC, visit [asi.csupomona.edu/bric](http://asi.csupomona.edu/bric).

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