

Alfred University unveils remodeled Gibbs Fitness Center, new Varsity Weight Room
8/03/18



Remodeled Gibbs Fitness
Center at Alfred University

ALFRED, NY – Gibbs Fitness Center at Alfred University is scheduled to reopen on Monday, Aug. 6, following a complete overhaul of the space to accommodate students, faculty, staff and community members. Meanwhile, the new Varsity Weight Room will open the following Monday, Aug. 13, for Alfred University varsity student-athletes.

Read the complete story on gosaxons.com [here](#).

The Gibbs Fitness Center includes new functional training machines, free weights and Olympic platforms while the former squash courts were repurposed to serve primarily as a cardio space. The expansion added 1,200 square feet to the overall facility and the addition of modern equipment such as treadmills, elliptical machines and stair steppers with personal viewing screens and both virtual reality and recumbent bikes.

Above the cardio room, a classroom and rehabilitation facility were added, providing state-of-the-art equipment and opportunities for hands-on experience for Athletic Training and Health Fitness Management majors.

The Varsity Weight Room, restricted to solely student-athletes and athletic staff, will include a dynamic fitness area complete with 12 Olympic racks, free weights, fitness equipment, air bikes and a 13-yard turf.