



- ADA – ACCESSIBLE ENTRANCE
- RR – RESTROOMS



	FITNESS & RECREATION CENTER (FRNC)		1ST FLOOR
	DATE	11/30/16	2016
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SCALE	NTS		

Fitness & Recreation Center (FNRC)

Building Text Description

Building Location:

The Fitness & Recreation Center (FNRC) is located just south of 173rd Street on the Hammond Campus. The building is situated on the eastern side of the South 173rd Street Parking Lot, immediately to the west of Peregrine Hall.

Entrances:

There are ten (10) entrances into FNRC.

- The **Main Entrance** (K1) is the northwest entrance, which leads into the lobby.
 - This entrance is ADA accessible.
 - This is a covered entrance.
 - This entrance has pavement leading up to it.
 - There is an interior and exterior set of doors at this entrance, separated by a vestibule.
- The **West Southwest Entrance** (K2) is a double-door entrance which leads into the south hallway.
- The **Southwest Entrance** (K3) is a single-door entrance at the southwest corner of the building which leads into the men's locker room.
- The **Southern Entrance** (K4) leads into the east hallway.
 - This is a covered entrance and has pavement leading up to it.
 - It is a double door entrance.
- The **South Southeast Entrance** (K5) leads into room 181; it is a double door entrance.
- The **Southeast Entrance** (K6) is situated at the corner of the building and leads directly into the gymnasium. It is a double door entrance.
- The **East Southeast Entrance** (K7) leads into the gymnasium, and is two double doors, located off of the sidewalk that runs between FNRC and Peregrine Hall.
- The **East-Northeast Entrance** (K8) and **Northeast Entrance** (K9) are next to each other, and lead into the gymnasium. Both are two sets of double doors, located off of the sidewalk that runs between FNRC and Peregrine Hall.
- The **North Entrance** (K10) leads into the east hallway.
 - This is a covered entrance with a sidewalk leading up to it.
 - This is a double-door entrance.

Elevators:

There are no elevators in FNRC.

Stairs:

The two (2) stairways in FRNC are both connected to the gymnasium.

- The **North Stairway** is in the northeast corner of the gymnasium, leading up to the running track on the second floor.
- The **South Stairway** is in the southwest corner of the gymnasium, leading up to the running track on the second floor.

Restrooms:

There are three sets of restrooms in FNRC.

- The first set of restrooms are located off the main north hallway on the east end, rooms 138 and 139.
 - The women's restroom is room 138.
 - The men's restroom is room 139.
 - These restrooms have stalls.
 - The restroom doors are next to each other.
- The second set of restrooms are located in the corners of the small north hallway, rooms 113 and 126.
 - The women's restroom is room 113.
 - The men's restroom is room 126.
 - These are single user restrooms.
- The third set of restrooms are located in the men's and women's locker rooms off the small south hallway.
 - The women's restroom is room 153.
 - The men's restroom is room 163.
 - These restrooms have stalls.

Building layout (hallways & open areas):

There are six (6) hallways in FRNC, creating a square, separated by double doors at every intersection. There is one (1) open area in FRNC.

- The **Lobby** (1H02) is located just off of the main entrance and connects with the west hallway, the north hallway, and the small north hallway.
- The **Main North Hallway** (1H05) runs east to west from the lobby of the main entrance to the east hallway, separated by double doors that open into the east hallway.
- The **Small North Hallway** (1H03) is off of the main north hallway and the lobby and it is separated from both by double doors which open into the main north hallway and lobby, respectively. The small north hallway begins at the lobby running north, corners, and runs east before cornering again and running south to connect with the main north hallway.

- The **East Hallway** (1H06) begins at the north entrance with double doors opening outside and runs north and south to the south entrance where the double doors open to the outside.
 - The east entrance runs alongside the gymnasium with four double doors into the gymnasium opening into the east hallway.
 - The east hallway also connects to the main north hallway with a pair of double doors opening into the east hallway, and it also connects to the south hallway with a set of double doors that open in either direction.
- The **South Hallway** (1H07) starts at the west southwest entrance with double doors opening outside and runs east to west, ending at the east hallway with a set of double doors that open both into the east hallway and into the south hallway. The south hallway also connects to the small south hallway.
- The **Small South Hallway** (1H08) starts at the south hallway with double doors opening in towards the locker room entrances, and runs north and south.
- The **West Hallway** (172) starts at the lobby with double doors opening out into the lobby, and runs north and south to the south hallway with double doors opening out into the south hallway.

Room Locations:

- Rooms 105 – 120 are in the small north hallway in ascending order starting from the lobby double doors.
- A **Study Room** is in room 122, located in the east end of the main north hallway.
- Rooms 123 – 127 are in the small north hallway in descending order starting at the main north hallway and the small north hallway intersection.
- The **Reception Area** for offices in FRNC is in room 130, located at the small north hallway, lobby, and main north hallway intersection with doors in both the main north hallway and small north hallway.
- Room 130 is located at the small north hallway, lobby, and main north hallway intersection with doors in both the main north hallway and small north hallway.
- Rooms 129 – 139 are off of the main north hallway in ascending order starting at the lobby.
- The **Yoga Classroom** is room 131, located off of the main north hallway. There is a door from the yoga room into the fitness center.
- The **Lounge** and **Game Room** are in room 132, located off the main north hallway. There is a door from the lounge and game room into the fitness center.
- The room for **Physical Therapy** is room number 143, located off of the east hallway. There are also doors into Physical Therapy from the south hallway and from the fitness center. Within the physical therapy room there is also a reception area, an office, an exam room, and a restroom.
- Room 147 is located off of the east hallway.

- The **Snack Bar Area** is in room 148, located off of the south hallway.
- Rooms 148 and 170 are located off of the south hallway.
- The **Women's Locker Room** is room 150, located off of the east hallway. There is also a doorway into the locker room via the small south hallway. The women's locker room includes rooms 152 – 159.
- The **Men's Locker Room** is room 168, located off of the small south hallway. The southwest entrance leads into the men's locker room. The locker room includes rooms 159 – 165.
- The **Equipment & Laundry Room** is room number 170, located in the south hallway. There is also a door from the small south hallway leading into the equipment and laundry room.
- The **Fitness Center** is room 171, located off of the south hallway. There are also doors into the Fitness Center from the physical therapy room, the lounge and game room, the yoga classroom, the weight room, and a connecting hallway from the main north hallway.
- The **Weight Room** is rooms 173 and 174, located off of the west hallway. There is also a door into the weight room from the fitness center.
- **Handball Courts 1 & 2** are rooms 175 and 176, respectively, located in the west hallway, with doors opening into the room.
- The **Gymnasium** is room number 177 and is located on the east side of the building, located off of the east hallway with four sets of double doors opening into the hallway. There are also doors along the east and south wall that lead outside.
- Rooms 180 and 181 are located off of the gymnasium.
- The **Running Track** is room 205, located in the gymnasium on the second floor, accessed by either the north or the south staircases.