

# Mary Ragsdale Fitness Area

The Mary Ragsdale Fitness Area opened Sept. 8, 2009, in the P.E. Center. The fitness area is a 10,000-square-foot workout room with exercise and weight equipment. A new lighted recreational basketball court was constructed outside the building.

The fitness area is the product of a renovation and repurposing of the former pool area. It has an updated health club feel with brightly colored walls, vaulted ceilings and streaming natural light from large glass windows surrounding the room. Large flat-screen TVs and a new sound system, to follow, are among the features of the new space.

In addition to new equipment in the fitness area, weights and cardio equipment were relocated to the space, along with field turf and stretching areas. Racquetball courts on the lower level of the P.E. Center, repurposed four years ago for a weight room, will be group exercise studios for yoga, tai chi and dance classes.

The P.E. Center opened in 1980. The pool was closed last spring because of deteriorating conditions. With the closing of the pool, arrangements were made for the women's swim team to practice and compete off campus.



## Mary Perry Ragsdale

The fitness area is named for Mary Perry Ragsdale, a long-term supporter of Guilford who died in 2003 at the age of 93. Gifts to the college from Mary funded improvements to the Warrick-Ragsdale Room in the P.E. Center and some costs of the new fitness area. Mary and her husband, William Ragsdale Jr., were members of the Board of Visitors for a number of years. Ragsdale family members who attended the college include their son, William Ragsdale III (Billy), who later served on the Board of Trustees, and daughter, Perry Ragsdale Davis.

## Hours of Operation:

Monday-Thursday: 8 a.m. - 10:30 p.m. • Friday: 8 a.m. - 9 p.m. • Saturday: 8 a.m. - 3 p.m. • Sunday: 1 p.m. - 5 p.m.

**More Information:** Mike Merkel, x2850 or mmerkel@guilford.edu • Fitness Area Desk, x2311

## Access:

The primary entrance to the Mary Ragsdale Fitness Area is on the main floor of the P.E. Center. Enter by the hallway at the back of the building and proceed down the stairs to the fitness area check-in desk. Access is also available through the locker rooms downstairs. **All patrons must show a valid Guilford ID card (Quaker Card) to gain access to the main floor.**

## Fitness Area Equipment:

### *Weight Room Equipment*

Four multi-station platforms  
Nautilus neck machine  
Hammer Strength jammer machine  
Hammer Strength dead lift machine  
Two seated leg curl machines  
Two leg extension machines  
Hammer Strength lateral incline press  
Four bench press stations  
Incline bench  
Incline weight bench  
Hammer Strength seated row machine  
T-Bar row machine  
Hammer Strength seated dip  
Hammer Strength behind-neck press  
Four plate-loaded leg press machines

Hammer Strength lateral pull down machine  
Hammer Strength decline press machine  
Decline bench press  
Nautilus bicep curl  
Nautilus abdominal machine  
Two dumbbell stations (5 lbs.-100 lbs.)  
Life Fitness machine with seven stations  
Body Masters seated preacher curl station  
Body Masters hack squat machine  
Cybex Smith machine

### *Cardio Room Equipment*

Five Life Fitness elliptical trainers  
Four Life Fitness recumbent seated bikes  
Three Life Fitness treadmills  
Life Fitness cross trainer  
Life Fitness upright bike

### *Workout Equipment*

Polymetric platforms  
Medicine ball station  
Anti-burst stability balls (21", 25", 29")  
Agility ladders  
Training hurdles  
Dot drill pad  
Exercise mats  
Jump ropes



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