



# Recreation and Fitness

## Frequently Asked Questions

We're here to help! Come to our office for assistance with these areas.

- Fitness Centers
- Fitness Consultations
- Group Fitness Classes
- Equipment Check Out
- Intramural Sports
- Outdoor Games
- Work Study Jobs
- Self Defense

### • **When are the Fitness Centers open?**

Typically, during the fall and spring semesters the fitness centers open by 10:00 a.m. and close at 9:00 p.m. on weekdays, with abbreviated hours on weekends. Students can visit the Sage Portal at [mysage.sage.edu](https://mysage.sage.edu) for the most current hours of operation.

### • **Do I have to pay to use the Fitness Centers?**

Nope! The Fitness Centers are available to all current members of the Sage Community. All you need to do is bring in your Sage ID to check in and you are free to begin your workout.

### • **Am I allowed to use the Fitness Center on the campus that isn't my home campus?**

Of course! Any student is welcome to use facilities or participate in activities on either campus. The more the merrier!

### • **Are there Group Fitness Classes on campus?**

Yes! Group Fitness classes are offered during the Fall and Spring Semesters. In the past, offerings have included: Zumba, HIIT, Yoga, TRX, and many more. You can find information about the current classes and schedule on the [Sage Portal](#).

### • **Do we have Intramurals on campus?**

Absolutely! Recreation and Fitness offers a number of Intramural Sports each year. They frequently run in the evening after athletic practices. For more information about the current offerings and how to sign up, check out the Intramural page on the [Sage Portal](#).

### • **What if none of the Group Fitness Classes work with my schedule?**

We know that everyone has different schedules, as well as varying likes and dislikes. For that reason, Sage provides our students with Beach Body on Demand. Beach Body on Demand offers a library of over 600 workout videos, not only ranging in type of class, but also length of class. Students may access the Beach Body on Demand subscription on either campus in the Group Fitness Studios. On the Albany Campus the studio is located in room 201 of South Hall and on the Troy Campus it's located in McKinstry 206, just down the hall from the Residence Life Office and two floors up from the McKinstry Fitness Center.

### • **What if I have never used a fitness center before and don't know where to start?**

No worries! We have plenty of staff that can help you get started, whether you are just looking for a basic orientation to the Fitness Center, or you are looking for a little more guidance, such as a personalized fitness plan. Email Jill Grebert, Director of Recreation and Fitness, at [grebej@sage.edu](mailto:grebej@sage.edu) to arrange a meeting.

### • **Do I need to sign up before attending a Group Fitness Class?**

Group Fitness classes are offered on a first come, first served basis and there is no need to sign up in advance. You just need to bring your Sage ID with you to sign in to the class.

### • **If I can't make all the classes in a particular session, can I still participate?**

Yes! Whether you can only make one class during the semester or you can make every class, it doesn't matter to us! We want everyone to participate as much as they can, whenever they can. Never worry about joining in mid-session. The instructors will get you caught up before you know it!

### • **What if I forget my Sage ID?**

It's very important that you have your Sage ID with you whenever you are on campus. In Recreation and Fitness we need you to have your Sage ID for many reasons, including your security/safety and to evaluate trends and usage so that we can better serve you. However, if you do forget your Sage ID one day, don't worry! You can pull up your Sage ID right on your phone by visiting [passport.sage.edu](https://passport.sage.edu). We will ask that you have either the physical copy of your ID or pull it up on your phone before entering the fitness centers or participating in a class or activity.

**Albany**

Lower Level Kahl Campus Center

518-292-1753

**Recreation and Fitness**

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[www.sage.edu/student-life/recreation-fitness](https://www.sage.edu/student-life/recreation-fitness)

**Troy**

Ground Floor, McKinstry Student Center

518-244-2416