EXIT

EXIT

EXIT

wellness
body · spirit

Health o meter

Celebrate. Remember. Fight Back.
RELAY FOR LIFE
American Cancer Society
Walmart

12
HUMAN PERFORMANCE LAB
BIOHAZARD
NO EATING, SMOKING OR DRINKING
Human Performance Lab (Rm 12)

No
Food or Drinks
Allowed

12
HUMAN PERFORMANCE LAB

Please
PRECOR
PRECOR

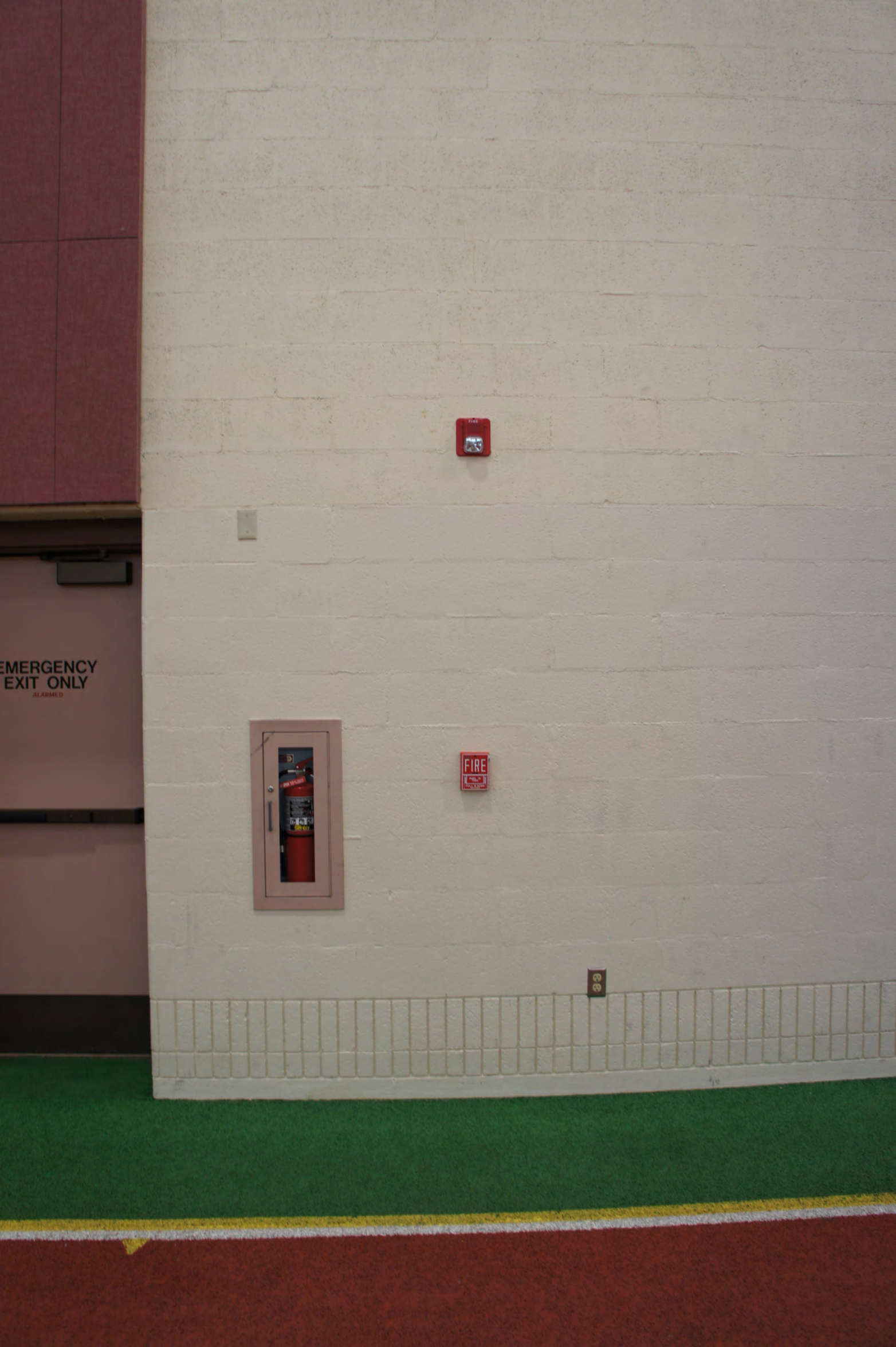
Please
Daily Track Direction Info
Counter Clockwise
Monday, Tuesday, Friday, Saturday
Clockwise
Wednesday, Thursday
NORAMCO
ATTENTION:
out of service.
PRECOR

03
USTODIAN
NORAMCO
NORAMCO

Attention
PLEASE NO WET
NORAMCO Fitness
Super Tread ST4600 HRT
Auto-Control
Program
Enter
POWER
ON / OFF
START
Speed
Faster
Slower
Incline
Up
Down
NORAMCO Fitness
Super Tread ST4600 HRT
Auto-Control
Program
Enter
POWER
ON / OFF
START
STOP
Speed
Faster
Slower
Incline
Up
Down

EXIT

EXIT
EXIT
EMERGENCY EXIT ONLY
EMERGENCY EXIT ONLY
EMERGENCY EXIT ONLY
EMERGENCY EXIT ONLY
EMERGENCY EXIT ONLY
EMERGENCY EXIT ONLY
EMERGENCY EXIT ONLY
EMERGENCY EXIT ONLY


EMERGENCY
EXIT ONLY
ALARMED
FIRE

PARAMOUNT

EXIT
EMERGENCY EXIT ONLY
EMERGENCY EXIT ONLY

Enjoy
Respect

Enjoy
Respect
LIVESTRONG

Magnum
PARAMOUNT

MATRIX
Comment Box

STRENGTH & FITNESS AREA RULES

MATRIX

2

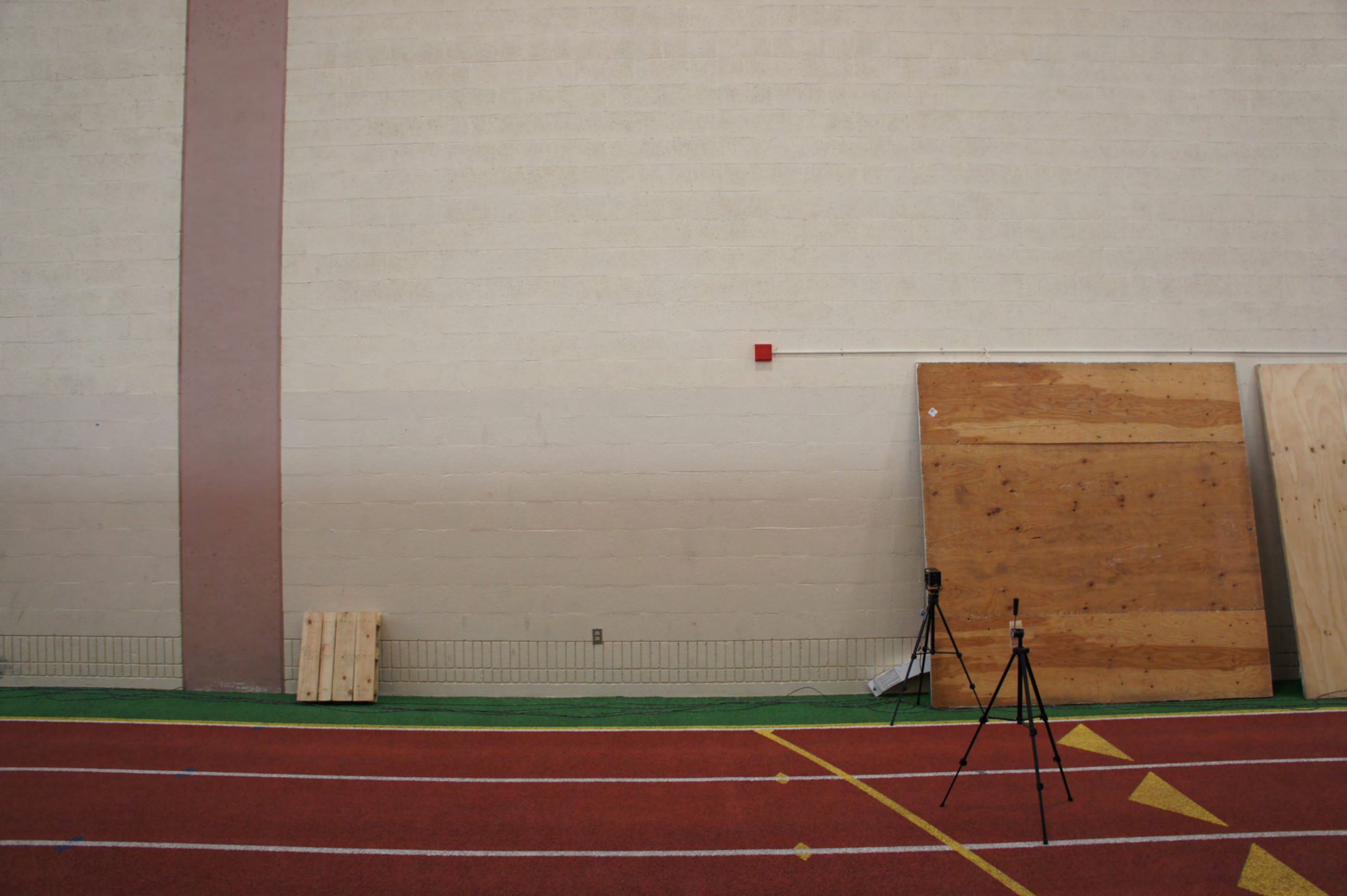
MATRIX

WEBER
ROCKS
NO CLIMBING

EMERGENCY
EXIT ONLY

EXIT
EXIT
EMERGENCY EXIT ONLY
EMERGENCY EXIT ONLY
EMERGENCY EXIT ONLY
EMERGENCY EXIT ONLY
EMERGENCY EXIT ONLY
EMERGENCY EXIT ONLY
EMERGENCY EXIT ONLY
EMERGENCY EXIT ONLY

EMERGENCY
EXIT ONLY
FIRE



EXIT
EMERGENCY EXIT ONLY
EMERGENCY EXIT ONLY
EMERGENCY EXIT ONLY
EMERGENCY EXIT ONLY
EMERGENCY EXIT ONLY

EXIT

EXIT
EXIT
EMERGENCY EXIT ONLY
EMERGENCY EXIT ONLY
EMERGENCY EXIT ONLY
EMERGENCY EXIT ONLY
EMERGENCY EXIT ONLY
EMERGENCY EXIT ONLY
EMERGENCY EXIT ONLY
EMERGENCY EXIT ONLY

EXIT
EXIT

NAUTILUS
EMERGENCY
EXIT ONLY

SPL 32-80
5000
ECONOMY

ON
SAFETY
SWITCH
DANGER
OFF

008A
PLEASE CONTACT:

PARAMOU

008A
PlugOut

PlugOut

GEMINI
THE ORIGINAL
CONVERTIBLE

INNOVATIVE
PARAMOUNT
STRENGTH
SYSTEMS
BALL

SPL 32-80
5000
ECONOMY
ECONOMY

MEN

EXIT
EXIT
EMERGENCY EXIT ONLY
EMERGENCY EXIT ONLY
EMERGENCY EXIT ONLY
EMERGENCY EXIT ONLY

MEN

molten
molten
NATIONAL GUARD

NATIONAL
FREE SAMPLES

HOT
Rheem
RHEEMGLAS
FURY

Awards Ceremony
Upper Balcony
molten
molten

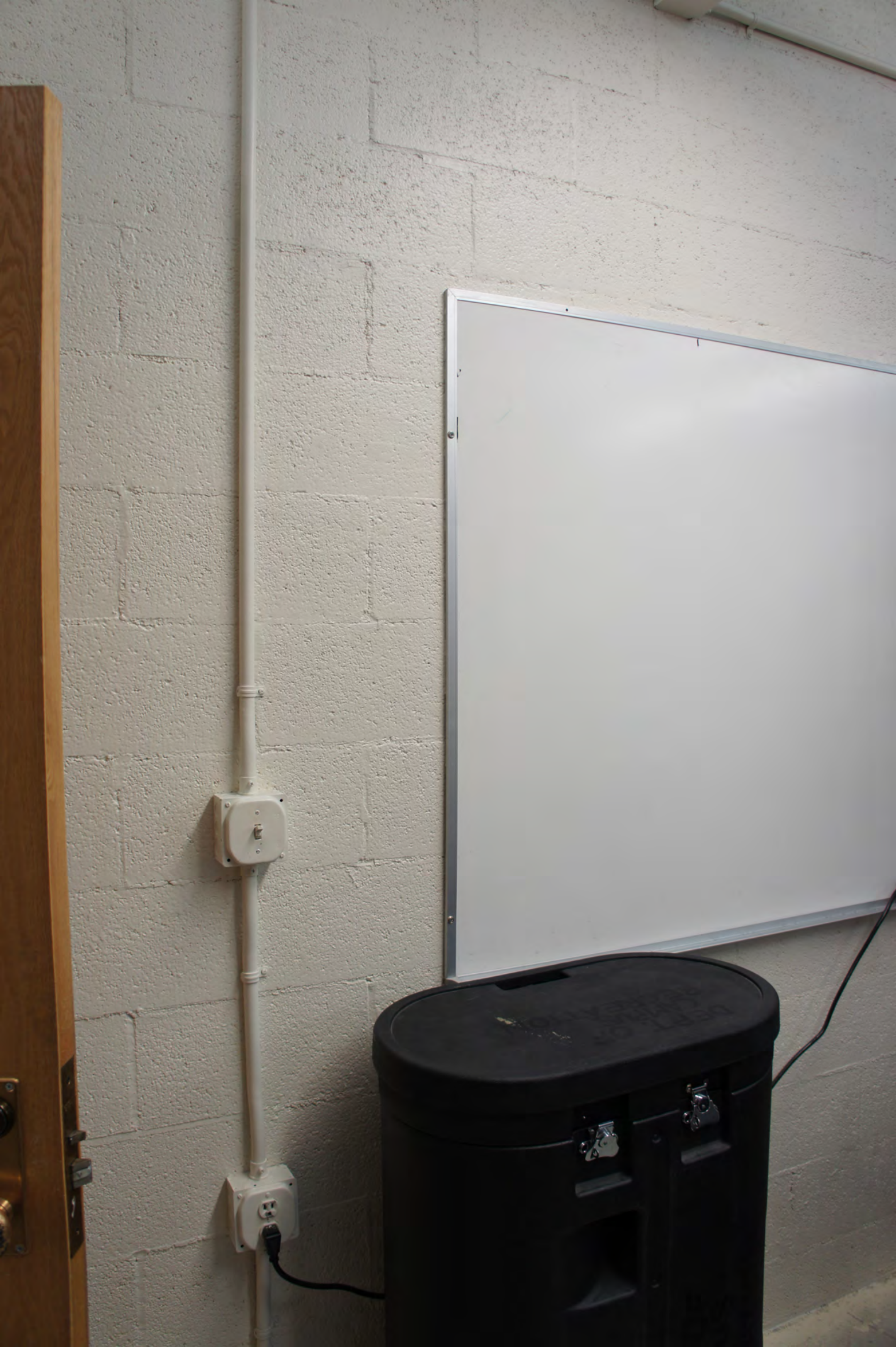
SHARP
PORT AUTHORITY

CAMPUS Recreation
Cycling Club
Triathlon Club WETSUIT
NATIONAL GUAR
Awards Ceremony
SHARP

molten
molten

CAMPUS
Recreation
Coca-Cola
Cycling
CLUB
Triathlon
CLUB

Enviro-Clean



* Academic classes have priority for equipment use.
* Avoid slamming or dropping weight stacks or free weights.
* Respect equipment time limits (aerobic machines-30 minutes).
* Be courteous; allow others to use resistive equipment between sets.
* Clean equipment after use and return equipment to the appropriate place.

CLOSURE
DATES / TIMES
WOMEN

WEBER STATE UNIVERSITY
CAMPUS RECREATION
OUR PURPOSE
We create opportunities that inspire engagement in healthy, active lifestyles.
OUR CORE VALUES
Active, Healthy Lifestyle
Education
Inclusion
Integrity
Quality

THE DUKE DIET

These items can be
the BLUE or PURPL
(no other waste)
#1 – #7 plastic containers, empty
with lids removed!
empty
Paper
NEWS
NO:
Plastic wrap, styrofoam, chip bags, candy wrappers, waxed
cups, food waste, used paper plates, tissues, or other waste
College Television Network
MIN
MAX
FSR
VDO-POT
MODEL V230
INDOOR AMPLIFIER

QUAKER
OATS
SERIES
FIT

GENERAL PURPOSE TRANSFORMER

SORGEL® TRANSFORMERS

SQUARE D COMPANY

MADE IN U.S.A.

79

THREE PHASE INSULATED TRANSFORMER

DATE CODE A7

STYLE NO. 32349-17445-001

CAT. NO. 9T2F

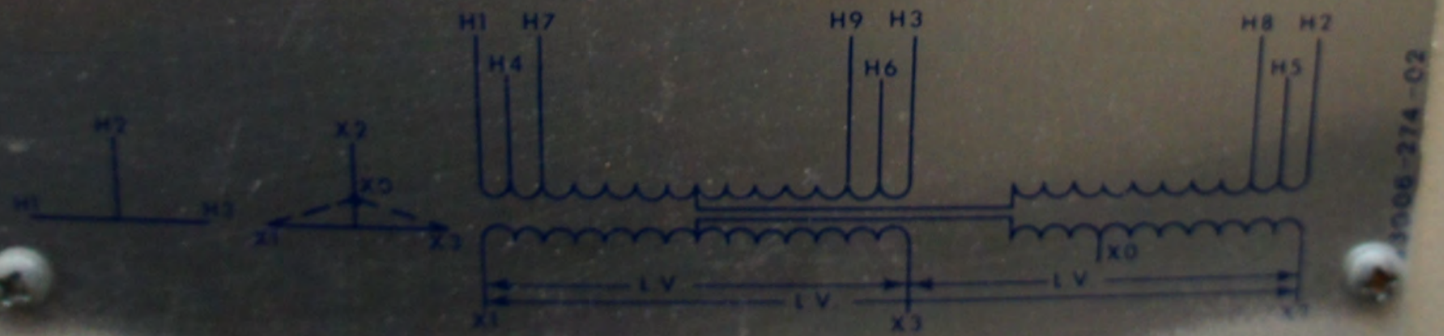
KVA 9 % IZ 180°C INS. SYSTEM FOR 115 °C RISE

CLASS A WT. 235 HZ 60 TYPE ST ENCL. RAINPROOF-TYPE 3R

H.V. 480 H.V. AMPS 10.8 L.V. 208Y/120 L.V. AMPS 25

SERIAL NO. READ INSTRUCTION MANUAL 7410/20-S

CONNECT TAPS	H1-H2-H3	H4-H5-H6	H7-H8-H9
HIGH VOLTAGE	480	456	432



DE-ENERGIZE TRANSFORMER BEFORE CHANGING TAPS

DANGER

PROVIDED WITH HOOD
CATALOG NO. WS364.

43006-183-01

TYPE 3R, WHEN PROVIDED WITH HOOD CATALOG NO. WS364.

43006-183-01

QUIET QUALITY ®

SORGEL® TRANSFORMERS

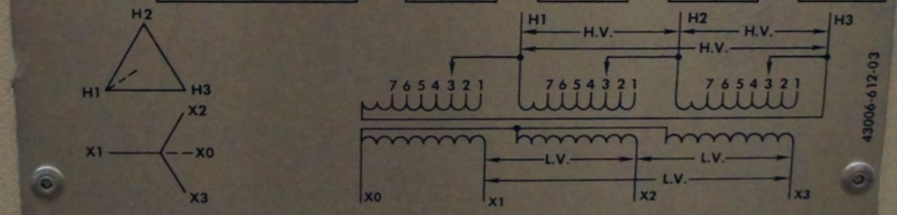
SQUARE D COMPANY ®

MADE IN U.S.A.

79

THREE PHASE INSULATED TRANSFORMER

STYLE NO.	33749-17232-016			CAT. NO.	45T3HB		
KVA	45	% IZ	3.3	220	°C INS. SYSTEM FOR	80	° C RISE
CLASS	AA	WT.	610	HZ.	60	TYPE	SO
H.V.	480	H.V. AMPS	54	L.V.	208Y/120	L.V. AMPS	125
SERIAL NO.				READ INSTRUCTION MANUAL			7410/20-S
DATE CODE		H.V. TAPS	1	504	2	492	3 480
ENCLOSURE	TYPE 3	4	468	5	456	6	444 7 432



DE—ENERGIZE TRANSFORMER BEFORE CHANGING TAPS

LISTED

UL®

127 H

POWER TRANSFORMER

DANGER

TO AVOID ELECTRICAL SHOCK DO NOT REMOVE COVER WHILE TRANSFORMER IS ENERGIZED

43006 129 01

DANGER

COMMERCIAL
ATTN: CMM
PROMO ITEMS
PARTIAL

Rheem
RUUD
COMMERCIAL
COMMERCIAL STORAGE TANK OR BOOSTER WATER HEATER
MAY BE INSTALLED ON COMBUSTIBLE FLOORING. MINIMUM CLEARANCE TO ADJACENT SURFACES: 0 IN. JACKET; 18 IN. ACCESS DOOR.
SERIAL NO. D1005 RR 1005E00114 MFG. DATE:10/2005
MODEL NO. E20A-3-G
CAPACITY U.S. GALLONS 19.9
208-VAC 50/60 HZ 03 KW 1 PH 15 AMPS
208 VAC 50/60 HZ 03 KW 3 PH NA AMPS
160 PSI MAX WORKING PRESSURE
COMPLIES WITH ASHRAE/IES 90.1b-1989 1992 REQUIREMENTS
LISTED 18 GO
RHEEM MANUFACTURING CO.
WATER HEATER DIVISION
MONTGOMERY, ALABAMA
AX4277-2
MANUFACTURER'S SERIAL NO.
103790
CERTIFIED BY
RHEEM MFG. CO.
MAX. ALLOWABLE W.P. 160 P.S.I.
MAX. ALLOWABLE INPUT
18 KW BTUH
YEAR BUILT 2004
AX1879-14
DANGER
HOT
BURN
Water temperature over 125°F can cause severe burns instantly or death from scalds.
Children, disabled and elderly are at highest risk of being scalded.
See instruction manual before setting temperature at water heater.
Feel water before bathing or
- DANGER -
TO ELIMINATE THE RISK OF ELECTRIC SHOCK DISCONNECT POWER SUPPLY BEFORE SERVICING HEATER
FOR SAFE INSTALLATION AND OPERATION - Follow the instructions in the Use and Care Manual provided. A replacement copy may be obtained by writing the manufacturer.
This appliance must be installed in accordance with the manufacturer's instructions, local codes, utility company requirements, and/or in the absence of local codes, the latest edition of the National Electrical Code.
Tank must be full of water before being energized to avoid damaging the heating element(s).
FOR YOUR SAFETY - DO NOT store or use gasoline or other flammable vapors and liquids in the vicinity of this or any other appliance. Keep rags and other combustibles away.
CAUTION: Hotter water increases the risk of scald injury. A thermostatically controlled (temperature limiting) valve is recommended when this water heater is supplying general purpose water for individuals. Refer to Scald Danger Labels on this water heater.
- See Use and Care Manual for instructions before changing the temperature setting. -
WARNING - Any thermostat setting above 125°F may cause severe burns and consume energy unnecessarily.
WATER LEAKAGE - Regardless of the material from which a water heater is constructed, it will at some
This water heater must not be located in an area where
When such area cannot be avoided, it is
under the water heater. See
State of
RHEEM MFG. CO. WATER
ANSI / NSF STANDARD NO. 5 WHEN PROPER
KIT OR SEAL KIT IS APPLIED TO HEATER.
"SEE LEG EXTENSION KIT OR SEAL KIT INSTALLATION INSTRUCTION."
AX4486-1
ANACONDA SEALTITE
TYPE UA - 1/2" - LIQUID TIGHT CONDUIT

RUUD
COMMERCIAL

EXERCISE & CALORIE
GUIDE
ACTIVITY
CALORIES BURNED IN 30 MINUTES
FAMILY
CHOICES

11B

BANKERS BOX

Daily Track Direction Info
Counter Clockwise
Monday, Tuesday, Friday, Saturday
Clockwise
Wednesday, Thursday
Attention Patrons
The Health and Physical Education Center/Fitness Arena will be closed for recreation starting Friday June 15th at 11:00 AM and all day Saturday June 16th. The basketball gym floor will be utilized for the women's basketball jamboree all weekend.
SPARTAN RACE
UTAH
SPARTAN BEAST
SKYLINE
MOUNTAIN
MARATHON
AUGUST 18TH, 2012

EXIT

COPIES

Daily Track Direction Info
Counter Clockwise
Monday, Tuesday, Friday, Saturday
Clockwise
Wednesday, Thursday
Lane 5—7 Laps—Approximately 1 Mile
Lane 1—8 Laps—Approximately 1 Mile
Lanes 1 & 2 for Runners
Lanes 3 & 4 for Joggers
Lanes 5 & 6 for Walkers
WSU Outdoor Program
Hey, You!
Think you're tough?
Check out what the OP has going on
EQUIPMENT RENTAL CENTER
cartisle
GO GET YOUR
DO NOT ENTER
AED

First Aid
BAND-AID

C. William Stromberg Complex
Hours of Operation for Summer 2012

June 2012

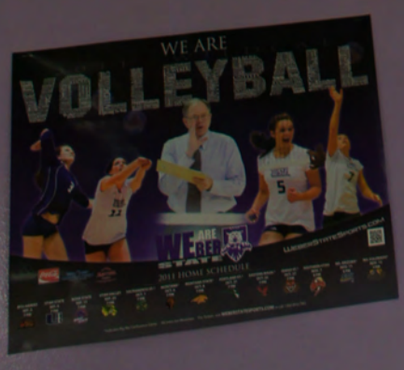
ATTENTION TRACK USERS:
FROM JANUARY 3 THROUGH MARCH 12
THE TRACK WILL BE CLOSED FOR
TRACK PRACTICE FROM 2:00 TO 5:00 PM
YOU ARE INVITED TO USE
Fitness
xerox

WE ARE
SOCCER
Baden
Fitness
ATTENTION TRACK USERS:

BAND-AID
Baden
VOLLEYBALL

Health o meter

PRINTING
SERVICES
AND COPY CENTER
2012


WE ARE
VOLLEYBALL
2011 HOME SCHEDULE

WE ARE
FOOTBALL

WE ARE
SOCCER

ELECTRONIC CROSSOVER/EQUALIZER
XEO-2
1-5 MIC LEVEL 6 LIN
SPEAKERS
ON
OFF
FLOOR
NORTH
SOUTH
EAST
WEST
A 15
B 15
BALANCED
UN BALANCED
LEVEL ONE

Shift change:
Schedule

AMERICA'S FAVORITE SANDWICH DELIVERY GUYS
TRACK USERS:
THROUGH MARCH 12
L BE CLOSED FOR
FROM 2:00 TO 5:00 PM
VITED TO USE
Boggle
XEROX

EXIT
ART ELEMENTS
20% off DAILY
DRINK SPECIAL!
FIT USA
THIS SUMMER
FIGHT POVERTY, EMPOWER PEOPLE
No
Food Or
Drinks
Allowed
In the
Arena
SPARTAN RACE
UTAH
SPARTAN BEAST
5K
PLEASE
don't SPIT in the
drinking fountains!
Please use restrooms or
outside areas...
Thanks!
SKYLINE
MOUNTAIN
MARATHON
AUGUST 18TH, 2012
Cash for books
Ogden Campus Store
Textbook Buyback
STOP
the spread
of the FLU
Cover
Wash
Stay home
FIRE

Please
Do Not Put
Paper Towels in the toilets
& plugs them up!
Toilet Paper Only

MEN

CHALLENGEEDUCATION
EQUIPMENTRENTALS
CLOSURE

INSPECTORS TEST

DANGER

06

INTERNATURE

INTERNATURE

AIR HANDLING UNIT
AH-1 CONTROL PANEL

ELECTRICAL CONTROLS
THE CANYONS
AH-2
ELECTRICAL CONTROLS
HEART RATE
(BEATS/MINUTE)
200
190
180
170
160
TRAINING
HEART
RATE
ZONES
HIGH-INTENS

TRAINING
HEART
RATE

No Credit
or
Debit Cards!

Machine & Muscle Guide
TRAINING HEART RATE ZONES
HEART RATE (BEATS/MINUTE)

TRACK TEAM PRACTICE
DAY FROM 2:00 - 5:00 PM
MUST CHECK WITH
TRACK COACHES
AT AVAILABILITY OF
JOGGING LANES

EXIT
employee wellness
mind · body · spirit

WARNOCK HERSEY

TAIN
THON
TH, 2012

C. WILLIAM STROMBERG COMPLEX
HEALTH & PHYSICAL EDUCATION CENTER

DATA

0
3 3
W

2220 Celsius Avenue, Ste. B
Oxnard, CA.93030 U.S.A.
Telephone: (805) 988-3323
Toll Free: (800) 969-4055
MADE IN ISRAEL
amiad filtration systems
500 micron
0.5 mm

1510
STORM
SEWER

C. WILLIAM STROMBERG COMPLEX
HEALTH & PHYSICAL EDUCATION CENTER

C. WILLIAM STROMBERG COMPLEX
HEALTH & PHYSICAL EDUCATION CENTER
WILDCAT SOCCER
HOME
VISITOR
HALF
SOG
SOG
fair-play.com
Coca-Cola
AMERICA FIRST
CREDIT UNION

RAIN BIRD

LIAM STROMBERG COMPLEX
& PHYSICAL EDUCATION CENTER
WILDCAT SOCCER
VISITOR
HALF
SOG
SOG
AMERICA FIRST
CREDIT UNION

C. Wilson Stromberg Complex
Hours of Operation for Summer 2013
Attention Patrons
The Health and Physical Education Center/Fitness Arena will be closed for recreation starting Friday June 15th at 11:00 AM and all day Saturday June 16th. The Swenson gym floor will be utilized for the women's basketball jamboree all weekend.

NO PARKING FIRE LANE
NO PARKING FIRE LANE

NO
PARKING
FIRE
LANE

CULINARY

Weber State University
Physical Education
Teacher Education
NO PARKING FIRE LANE

Weber State University
Physical Education
Teacher Education
NO PARKING
FIRE LANE

MIRAGE

HONDA

HONDA

Emergency