

CAMPUS NEWS

Gardner-Webb Opens Fitness Facilities to Alumni, Community Individuals and Groups

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▲ CrossFit Head Coach Melissa Battista, left, and Ezekiel Martin, perform a CrossFit workout.

Memberships offered for CrossFit Classes and Suttle Wellness Center

Broyhill Adventure Course Open for Team Building, Leadership Development and Birthday Parties

BOILING SPRINGS, N.C.—Gardner-Webb University now offers community memberships to Suttle Wellness Center and CrossFit classes and facilities. In addition, the Broyhill Adventure Course (BAC), located on Stadium Drive, is open to businesses, school groups and churches for leadership and team development, and to families for birthday parties.

Gardner-Webb is an officially licensed CrossFit (CF) affiliate and has three CF Level 1 trainers on staff. Head Coach Melissa Battista is a CF Level 2 trainer and holds certificates in CF gymnastics and Precision Nutrition Level 1. According to the [CrossFit Journal](https://journal.crossfit.com/article/beginners-guide-to-crossfit?_ga=2.175011490.1272113364.1663253689-330261334.1663253689) (https://journal.crossfit.com/article/beginners-guide-to-crossfit?_ga=2.175011490.1272113364.1663253689-330261334.1663253689), workouts involve a strength and conditioning system built on constantly varied, if not randomized, functional movements executed at high intensity.

The classes are open to all levels of fitness stated Assistant Dean of Students Brian Arnold, who is a CF Level 1 trainer. “Our CrossFit coaches have great modifications for all movements,” he stated. “In addition, they are here to talk about technique and the overall purpose of the workout. CrossFit is all

about community—a group of people meeting to work out and get fit. It’s a great chance to make new friends, whether they are students, faculty or staff, and now, members of the community.”



▲ Brian Arnold, left, and Megan Peek begin their CrossFit workout.

CrossFit is characterized by its combination of gymnastics, weightlifting, Olympic weightlifting, and metabolic conditioning (such as running, biking, rowing, and jumping rope). At CrossFit GWU, you’ll use equipment such as a barbell, a pull-up bar, rings, kettlebells, a rower, an assault bike. CrossFit classes are offered Monday through Thursday at 11 a.m., 2 p.m., and 4 p.m. Fridays classes are 11 a.m. and 2 p.m.

“Our coaches produce great outcomes, in what they do with athletes in the gym that includes teaching movement, cueing corrections, and pushing athletes to improve,” Battista asserted. “The constantly varied workouts are proved to be effective, exciting, and addictive. The most rewarding part for coach and athlete is when the athlete accomplishes something that they never thought possible. It not only empowers them in the gym, but in life.”

The BAC is a unique outdoor adventure complex that offers a series of experiential challenges designed to enhance team building and personal growth. This course and the Indoor Climbing Wall in Tucker Student Center are also open to families for birthday parties.

Using a combination of high and low ropes activities, participants experience climbing and problem solving as metaphors for life whereby communication skills are improved, self-esteem is enhanced, problem solving techniques are applied, and cooperation in group and team situations is further developed.



CrossFit Membership Details:

CrossFit Memberships include usage of the Cardio Room, Free Weight Room, Bost Gym and Bost Pool (during open swim). This membership level also includes any group fitness classes, such as Zumba or Yoga, offered in the Suttle Wellness Center. CrossFit memberships are available to individuals 18 and older. For more information, email Head CrossFit Coach [Melissa Battista \(mailto:mbattista@gardner-webb.edu?subject=CrossFit%20and%20Suttle%20Memberships\)](mailto:mbattista@gardner-webb.edu?subject=CrossFit%20and%20Suttle%20Memberships).

Monthly Pricing

Graduate and Professional Students – \$50

Degree Completion Students – \$50

Alumni – \$80

Alumni and Spouse – \$150

Community Member – \$110

Community Member and Spouse – \$175

Student Spouse – \$50

Suttle Wellness Center Membership Details:



- ▲ The Suttle Wellness Center offers various cardio and strength equipment, and free weights.
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Memberships to The Suttle Wellness Center include access to the various cardio and strength equipment, free weights, Bost Gym and Pool (during open swim). This membership level will also include any group fitness classes (Zumba or Yoga), but excludes CrossFit. If individuals have questions on how to use the fitness equipment, they can ask one of the Suttle Wellness Center staff members. Memberships are available to individuals 18 and older. For more information, email Head CrossFit Coach [Melissa Battista \(mailto:mbattista@gardner-webb.edu?subject=CrossFit%20and%20Suttle%20Memberships\)](mailto:mbattista@gardner-webb.edu?subject=CrossFit%20and%20Suttle%20Memberships).

Suttle Wellness Center Hours of Operation

Monday through Thursday: 7 a.m. to 10 p.m.

Friday: 7 a.m. to 7 p.m.

Saturday: 10 a.m. to 5 p.m.

Sunday: 3 to 9 p.m.

Hours will vary on holidays and breaks.

Per Semester Membership

Graduate and Professional Students – \$45

Degree Completion Students – \$45

Per Month Membership

Alumni – \$30

Alumni and Spouse – \$50

Community Member – \$40

Community Member and Spouse – \$60

Student Spouse – \$15

Broyhill Adventure Course (BAC)



The BAC practices a “Challenge by Choice” philosophy which allows participants to choose a comfortable level of involvement. Programs are flexible and can be designed to meet a specific group’s needs. Half day (4-hour) and full day (8-hour) sessions are available for groups ranging from 12-18 participants. All adventure course facilitators have specialized skills necessary to ensure individual and group safety. Families can reserve the BAC or the Indoor Climbing Wall in Tucker Student Center for birthday parties. For more information, email [Bogdan Podgaisky \(mailto:bpodgaisky@gardner-webb.edu?subject=Broyhill%20Adventure%20Course\)](mailto:bpodgaisky@gardner-webb.edu?subject=Broyhill%20Adventure%20Course), coordinator for Campus Recreation.

Gardner-Webb University is North Carolina’s recognized leader in private, Christian higher education. A Carnegie-Classified Doctoral/Professional University, GWU is home to six professional schools, 14 academic departments, more than 80 undergraduate and graduate majors, and a world-class faculty. Located on a beautiful 225-acre campus in Boiling Springs, N.C., Gardner-Webb prepares graduates to impact their chosen professions, equips them with the skills to advance the frontiers of knowledge, and inspires them to make a positive and lasting difference in the lives of others. Ignite your future at Gardner-Webb.edu.