

# Fitness Center Proposal

McHenry County College Student  
Government

# Proposed Changes

- Students enroll in HFE 120
  - Must pass class with a passing grade
  - Will have access for 5 consecutive semesters at no additional charge
- Monthly Membership
  - Price change from \$39.00 a Month to \$25.00 a month
- Daily Visit Pass
  - Price change from \$8.00 a day to \$5.00 a day
- Hours will increase from 6:00am-6:00pm
  - Adds an additional hour, instead of 6:00am-5:00pm



# Benefits for the Student Body



- Allocates additional resources for students
- Allows for greater engagement with students in diverse groups
- Allows students to relieve stress by exercising
- Helps improve mental health
  - Allows for greater blood flow to the brain, which can improve student cognitive function
- Combat health conditions and diseases
  - Obesity
  - Heart disease
- Convenient for students to work out on campus around their student schedule
  - Compared to going to other gyms off campus

# Reflection

- Working and building relationships with Faculty, Administration, and the Student Body.
  - Attending weekly meetings with Karen Wiley, Megan Scanlan, and Dr. Gray
  - Reporting back to The Student Government for feedback and updates
  - Creating and distributing a survey to better understand the need of the Student Body
- Gaining better understanding on how policy changes go into effect
  - There are many factors to consider
- Learning a student initiative can make a difference on campus!



MAKE A CHANGE