

# Pilot II: PWG Extended Gym Hours Proposal

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Last year’s joint report by the Graduate & Professional School Senate (GPSS) and the Graduate Student Assembly (GSA) proposed extending hours at Payne Whitney Gym (PWG) during the academic year (Appendix A). The priority expansions included weekday evening hours and weekend daily hours as follows:

## PWG Gym Hours Proposed Extension

Yale	Monday-Friday	Saturday	Sunday	Weekly Total
Current	6am - 10pm	9:30am - 4:30pm	9:30am - 4:30pm	94 Hours
<b>Proposed</b>	<b>6am - 11pm</b>	<b>9:30am - 8pm</b>	<b>9:30am - 11pm</b>	<b>109 hours</b>

For comparison purposes:

## Environmental Scan of Ivy +1 (MIT) Gym Hours<sup>1</sup>

University	Monday-Friday	Saturday	Sunday	Weekly Total
Yale	6:00am - 10pm	9:30am - 4:30pm	9:30am - 4:30pm	94 hours
Harvard	6am - 11pm	10am - 8pm	10am - 11pm	108 hours
Penn	6am - 11:30pm	8am - 10pm	8am - 11pm	116.5 hours
Princeton	6:30am - 1am	8am - 1am	8am - 1am	126.5 hours
MIT	6am - 11pm	7am - 9pm	9am - 11pm	113 hours
Dartmouth	6am - 11pm	9am - 9pm	9am - 9pm	109 hours
Cornell	6am - 11:30pm	10am - 10pm	12pm - 11:30pm	111 hours

<sup>1</sup> From GPSS and GSA. “Gym User Feedback and Recommendations.” Published Spring, 2013. See Appendix A.

Brown	5:30am - 12am	7am - 9pm	7am - 9pm	120.5 hours
<b>Average:</b>	<b>17.5 hours</b>	<b>13.2 hours</b>	<b>13.8 hours</b>	<b>114.5 hours</b>
<b>Min:</b>	<b>17 hours</b>	<b>10 hours</b> (Harvard)	<b>11.5 hours</b> (Cornell)	<b>108</b> (Harvard)
<b>Yale:</b>	<b>16 hours</b>	<b>7 hours</b>	<b>7 hours</b>	<b>94 hours</b>
<b>Avg. Proposed Hours Open</b>	<b>17 hours</b>	<b>10.5 hours</b>	<b>13.5 hours</b>	<b>109 hours</b>

The proposed schedule change increases the number of open gym hours by roughly 15%, from 94 to 109 hours. This increase brings Yale into a tie with Harvard for last among the Ivy+ schools

GPSS and GSA called for extended hours at PWG because:

1. Graduate and professional students are one of the top constituents of PWG and have high usage They do not have alternative gym access unless a student in the School of Management, in Spring, 2014. when a gym is made available in Evans Hall
2. It would augment the University-Wide Wellness Initiative.
3. Based on the success of the extended hours pilot<sup>2</sup> in November 2011 funded by GPSS, GSA and the McDougal Center, graduate and professional students have demonstrated they will want and use extended PWG hours.
4. By increasing access to the gym to the graduate and professional students, it will promote general mental and physical wellness among the population.
5. In the annual survey by GPSS, students have identified the gym hours as a key issue.

To identify precisely the best way to extend hours, GPSS proposes a second extended pilot program. called “Pilot II: PWG Extended Gym Hours,” it is proposed that Pilot II be implemented based on the Suggested Hours table utilizing one of the three proposed timelines.

*Suggested Hours Table*

<b>Yale</b>	<b>Monday-Friday</b>	<b>Saturday</b>	<b>Sunday</b>	<b>Weekly Total</b>
Proposed	6am - 11pm	9:30am - 8pm	9:30am - 11pm	109 hours

*Timeline 1: December 2nd – December 17th*

The result is that the pilot would run from the end of Thanksgiving Break to the end of the semester. Since exercise is a great way to relieve stress, it is a prime time to extend hours as students are in the final leg of semester courses and finals.

<sup>2</sup> The pilot, Grad Night at the Gym, tested extended hours on Thursdays for a month. The numbers increased from 60 on the first Thursday with a steady increase to 177 on the final Thursday of the program.

*Timeline 2: January 13 – February 1*

The beginning of a semester is also a great time to test extended hours as students are resetting their routines. In addition, the new year often brings about efforts to maintain a healthy lifestyle that if realized could serve for longer time physical and mental health. Extended hours will help students trying to implement a new routine.

*Timeline 3: Spring Semester Pilot*

In order to best assess need for extended gym hours, a semester with extended hours would be ideal. In addition, such a pilot could be part of a university-wide holistic wellness program that addresses community health from both physically and mentally. As a part of the GPSS and GSA Mental Health Report, it is suggested that a preventative wellness program be implemented. Physical exercise in moderation is well known to result in good mental health; therefore, extended gym hours fits well in with a holistic wellness program.