



# Southeast Collegiate Fitness Expo

## 2023 FitExpo - Studio & Equipment Inventory

The 2023 Southeast Collegiate Fitness Expo will be held in two locations on the UVA Grounds: Aquatic & Fitness Center (AFC) & Slaughter Recreation Center (SRC). Before submitting your Presentation Proposal please read below (and watch our quick videos) to see the space and ensure that the equipment you need to lead your session will be available.

The [AFC Cycle Studio](#) holds 22 Keiser M3i bikes. The studio is outfitted with state of the art LED lights on the ceiling that instructors are invited to use to set the vibe for class. The studio also holds small dumbbells in 2, 3, 5 & 8-lbs for upper body work. Space is limited but additional equipment will be considered if requested for a session.

The [SRC Weight Room](#) is a turf space with a sled for pushing, balls for slamming, a few pieces of cardio (for interval work) and a rig with 8 half racks. This is a great lab and/or small group training space and also where all of our TRX sessions will be conducted.

The [AFC Weight Room](#) holds 15 half racks, 2 deadlift platforms and a selection of dumbbells, barbells and olympic benches. The space is ideal for labs and lectures on lifting technique, spotting, small group programming, and/or programming special events in a weight room.

The [Synrgy 360](#) has 15 stations (including space in between each module for additional stations). In addition to weight benches and dumbbells, the [AFC Fitness Floor](#) is full of accessories like BOSUs, foam rollers, resistance bands & tubing, stability balls, mats, and heavy ropes. The space is ideal for circuit work and/or small group training programming. In addition, the fitness floor is located adjacent to easily moveable pieces like spin bikes and rowers if instructors are interested in incorporating cardio pieces into a fitness floor circuit.

The [AFC Aquatic Center](#) holds an Olympic sized pool with shallow water, deep water, and a warm-water therapy pool. We can easily conduct traditional shallow and deep water sessions as well as gentle formats in the therapy pool like aquatic stretch, pilates, or yoga. Available equipment includes: buoyancy belts, noodles, buoyant dumbbells, kickboards, Aqua Blast boxing bags for station work & 11 BOGA Fit Mats.

The [SRC Climbing Center](#) offers over 2,000 square feet of climbing surface! If you are a skilled climber and offer a bouldering program or a climbing workshop that could be shared with us during Fit Expo, we'd love to hear about it!

AFC's multi-purpose studios should have just about everything you need to conduct a dance, resistance, mind~body, HIIT class or a fusion of the above! Check out [AFC 1](#), [AFC 2](#) and [AFC 4](#).

Available equipment includes:

|                 |                              |   |
|-----------------|------------------------------|---|
| Steps           | Adjustable bars & plates     | Pound sticks (drum sticks)                |
| Yoga mats       | Gliding discs                | Cones                                     |
| Pilates rings   | Tubing & resistance loops    | Agility ladders                           |
| Pilates balls   | Jump ropes                   | Kettlebells                               |
| Stability balls | Slam balls                   | Heavy ropes                               |
| Medicine balls  | Boxing gloves (& MMA gloves) | BOSUs                                     |
| Dumbbells       |                              | Yoga blankets, straps, blocks, & bolsters |
| Weighted bars   | Focus mitts & kick shields   |   |

For conference **lectures**, the AFC has a large conference room with multiple viewing screens for powerpoints and video sharing as well as a wet classroom with a large screen. Each space also holds a whiteboard and dry-erase markers. If selected as a presenter, we will send you information in advance so you can download the presentation app that we use in our lecture spaces to your personal laptop. It will make the process of connecting and sharing your screen quicker come presentation time!

Questions? Please contact Jackie at [JackieL@virginia.edu](mailto:JackieL@virginia.edu)