



HILLSDALE COLLEGE

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Hillsdale College Increases Student Access to Exercise Equipment *Weight and bike rooms to be added to on-campus housing and gym to be built in Stanton Foundation Center for American Classical Education*

HILLSDALE, Mich. — Hillsdale College will be outfitting the Health Center, the Stanton Foundation Center for American Classical Education, and most of its residence halls with new exercise equipment.

“Increasing student access to exercise equipment is a worthwhile endeavor,” said Rebekah Dell, Hillsdale College’s dean of women. “We hope students will use it to engage their mind and bodies toward the pursuit of excellence.”

Hillsdale College seeks to cultivate the excellence of body, mind, and soul, which are all integrated together and made to be a unity, a person. This new initiative will provide students the opportunity to create a structured, individually designed program for physical activity.

The College will add a gym space to residence halls of sufficient size. The initiative will place exercise bikes as well as bench, squat, and deadlift equipment in the basements of Benzing, Galloway, McIntyre, New Dorm, Niedfeldt, Olds, Simpson, and Whitley residence halls in the fall of 2022.

“The goal is to create opportunities for fellowship while eliminating excuses to work out,” said Jeff Rogers, associate dean of men. Beyond mere physical improvement, the College hopes an increased sense of camaraderie and friendship will lay the groundwork for conversations on the highest things, including one’s faith.

The College renovated the basketball court in the old Mauck School, recently named the Stanton Foundation Center for American Classical Education, into Founders’ Gym — which is open to students, faculty, and staff. Classes such as wrestling and jiu-jitsu will be offered for credit in Stanton. Additional activities and open classes will be made available to students throughout the year.

“This will be a great addition to campus life,” said Brock Lutz, director of the health services, “especially during the cold winter months when it can be more difficult to find motivation to exercise.”

For a high-resolution copy of the Hillsdale College clocktower logo, click [here](#).

About Hillsdale College

Hillsdale College is an independent, nonsectarian, Christian liberal arts college located in southern Michigan. Founded in 1844, the College has built a national reputation through its classical liberal arts core curriculum and its principled refusal to accept federal or state taxpayer subsidies, even indirectly in the form of student grants or loans. It also conducts an outreach effort promoting civil and religious liberty, including a free monthly speech digest, *Imprimis*, with a circulation of more than 6.3 million. For more information, visit hillsdale.edu.

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