

Joint Resolution

ASSOCIATED STUDENTS OF STANFORD UNIVERSITY

JOINT RESOLUTION CALLING FOR EXPANDED HOURS AND EQUIPMENT ACCESS IN STANFORD RECREATION AND WELLNESS FACILITIES

LEGISLATION NUMBER	ASSU-S2026-05
AUTHOR(S)	Troy Warren Harris, UGS Health & Safety Co-Chair Hannah Akua Okoreeh, UGS Health & Safety Co-Chair
SPONSOR(S)	David Sengthay, UGS Chair Yoanna Hoskins, UGS Senator & BCA Member Minji Cho, UGS Deputy Chair
DATE SUBMITTED	08 April 2026
ACTION REQUESTED	$\frac{2}{3}$ Vote of the Undergraduate Senate with Notice Given at the Previous Regular Meeting; and $\frac{2}{3}$ Vote of the Graduate Student Council with Notice Given at the Previous Regular Meeting
STATUS	UGS: 08 April 2026, Passed (12-0-0) GSC: 09 April 2026, Passed (12-0-0)

WHEREAS Stanford University recreational facilities play a crucial role in supporting students' physical and mental health, as well as their overall quality of life;

WHEREAS [research by Sharma et al.](#) has underlined a strong connection between access to physical activity and improved mental well-being, self-esteem, physical health, and academic success;

WHEREAS access to these facilities is currently limited by operating hours that do not adequately accommodate the schedules of many students in the Stanford community and therefore contribute to overcrowding in recreational spaces;

WHEREAS student feedback collected through a campus-wide survey conducted on February 18, 2026, identified restricted hours, overcrowding, and limited equipment availability as primary concerns;

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WHEREAS respondents to this survey have reported significant overcrowding, with the average perceived crowding rating being 8.26/10;

WHEREAS 59.7% and 45.8% of respondents expressed a desire for extending facility hours by one hour on weekdays and weekends, respectively, as a measure to alleviate overcrowding;

WHEREAS students voiced concerns about cleanliness and the spread of illnesses related to overcrowded recreational and wellness facilities, echoing the concerns of [students at peer institutions](#);

WHEREAS written student feedback highlights concern regarding insufficient equipment availability, particularly for high-demand machines and weights, which contributes to issues of overcrowding of recreational facilities;

WHEREAS peer institutions offer recreational facility hours that extend later, demonstrating the potential benefits of expanded access;

WHEREAS overcrowded recreational facilities may create barriers of access for students to engage in physical activity, thus negatively impacting overall well-being and academic success; and

WHEREAS expanding facility hours and implementing new equipment represent feasible interventions that can improve student well-being and access to on-campus physical health care.

THEREFORE BE IT RESOLVED BY THE ASSU LEGISLATIVE BODIES:

THAT the ASSU recognizes the urgency of Recreation and Wellness Facility Reform due to student concerns about machine availability and overcrowding, particularly at the Arrillaga Outdoor Education and Recreation Center (AOERC) and the Arrillaga Center for Sports and Recreation (ACSR).

THAT the Associated Students of Stanford University (ASSU) unequivocally supports the extension of Recreation and Wellness facility fitness center hours and the need for additional machines based on the health benefits fitness centers provide when operating at normal capacity.

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THAT the ASSU encourages students, faculty, staff, and alumni to advocate for the nighttime extension of AOERC and ACSR fitness center hours on both weekends and weekdays, and for AOERC weekend hours to start earlier.

THAT the ASSU calls upon Recreation and Wellness administration to adjust operations as soon as possible to accommodate the extended fitness center hours that students indicated as most beneficial.

THAT the ASSU urges recreation and wellness administration to implement extended facility hours of operation and additional recreational infrastructure, including weights, exercise machines, etc.

THAT the ASSU requests timely and clear communication from Recreation and Wellness administration regarding any changes to AOERC or ACSR fitness center hours or operations, including clear methods for students to submit feedback directly to R&W administration.

THEREFORE, BE IT FINALLY RESOLVED that a copy of this resolution be sent to Markus D. Covington, Associate Director of Recreation and Wellness Fitness Programs, Shane Jones, the Assistant Director of Recreation and Wellness Facilities, and Wen Yu Kao Fang, the Administrative Associate for Recreation & Wellness, to convey the joint legislative support and call to action formally.