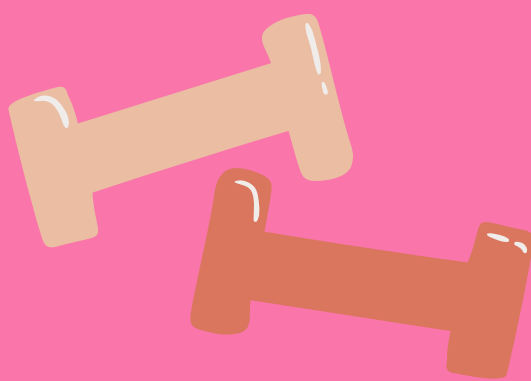


# UREC

## UNIVERSITY

### RECREATION CENTER

Fitness programs, strength training & conditioning, intramural sports, sport clubs, open recreation and aquatics

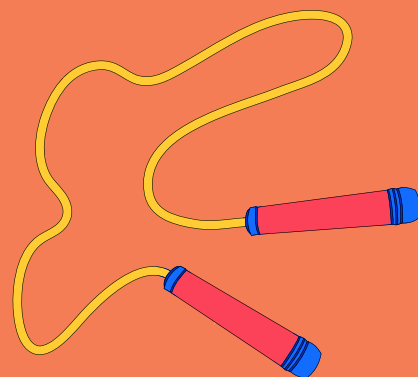


## Aquatics:

Indoor pool, outdoor pool, swim lessons, log rolling.



Drop in group fitness classes that occur weekly throughout the semester. Certified Personal Trainers assisting you in reaching your fitness goals



Choose from a variety of sports and activities that are available for drop-in play

Complete your certification to be an instructor for CPR/First Aid/AED, Lifeguarding, Professional Rescuer, Yoga, Personal Training, etc.

