DECEMBER 2017

REC CENTER HOURS
Fall Hours (through Dec. 14)
• Monday - Thursday ................................................................. 6am - 12am
• Friday ................................................................................. 6am - 11pm
• Saturday .......................................................................... 8am - 11pm
• Sunday ............................................................................. 12pm - 12am

Winter Break Hours (Dec. 15 - Jan. 9)
• Friday, Dec. 15............................................................. 6am - 10pm
• Saturday, Dec. 16......................................................... 10am - 10pm
• Sunday, Dec. 17.............................................................. 12pm - 10pm
• Monday, Dec. 18 – Monday, Jan. 1............................... CLOSED
• Tuesday, Jan. 2 – Friday, Jan. 5........................................ 6am - 8pm
• Saturday, Jan. 6............................................................. 10am - 8pm
• Sunday, Jan. 7................................................................. 12pm - 8pm
• Monday, Jan. 8 – Tuesday, Jan. 9………………………….. 6am - 8pm

Normal spring semester hours will begin Wednesday, January 10.
Visit recsports.tamu.edu/facilities for a complete list of Rec Sports facility hours.

PARKING NOTICE
Lot 104 in front of the Student Recreation Center will be CLOSED for renovations Dec. 7, 2017 – Jan. 15, 2018. Parking for Rec Center customers that have a valid Texas A&M parking permit will be available in any 100 lot. We apologize for the inconvenience. For more information, please contact Transportation Services.

OUTDOOR ADVENTURES
• Boquillas Canyon Paddling Trip: Dec. 14 - 19 (Register by Dec. 7)
• COMING UP: Wilderness First Responder Course: Jan. 6 - 15 (Register by Jan. 2)

CPR CLASSES
• Heartsaver CPR/AED & First Aid: Sat., Dec. 2 | 10am - 4pm | SRC 281
• BLS for Healthcare Providers: Sun., Dec. 3 | 2pm - 7pm | SRC 281

MASSAGE THERAPY
Book a one-hour massage at Member Services today!
A&M students/members: $40/session; Non-members: $60/session

STRENGTH & CONDITIONING
Let one of our nationally certified personal trainers develop an exercise program specifically for you! Sign up at Member Services.

DE-STRESS FEST
DEC. 6 | STUDENT RECREATION CENTER | 3PM - 6PM
ARTS & CRAFTS | FITNESS CLASSES | COLORING | PUPPIES
PERSONAL TRAINING WORKOUT DEMOS | COOKING DEMOS & MORE!

BROUGHT TO YOU BY: Rec Sports, Student Counseling Service, Student Health Services, Residence Life, Health Promotion, Physical Education Activity Program (PEAP), Aggieland Pets with a Purpose