JULY 2018

REC CENTER HOURS
- Monday - Friday: 6am - 10pm
- Saturday: 10am - 10pm
- Sunday: 12pm - 10pm
- *Wednesday, July 4th*: 10am - 6pm

Visit recsports.tamu.edu/facilities for a complete list of Summer 2018 hours.

AQUATICS
- **Basic SCUBA**
  July 9 - 19 | M - TH | 5:30pm - 9:30pm
  Check-out dives: July 21 - 22 (all day both days) at Blue Lagoon, Huntsville, TX

- **Basic SCUBA Referral**
  July 21 - 22 | Sat. & Sun.
  (all day both days) at Blue Lagoon, Huntsville, TX

INTRAMURAL SPORTS
Register Tuesday, July 3 from 12pm - 6pm at imleagues.com/tamu for:
- Sand Volleyball (4v4)
- Outdoor Soccer
- 4-on-4 Flag Football
- Basketball (3v3)

CPR CLASSES
- **BLS for Healthcare Professionals**
  July 15 | 2pm - 7pm | SRC 281

OUTDOOR ADVENTURES
- **Venture: Base Camp**
  - Alpha: July 9 - 13
  - Bravo: July 16 - 20
  Register at http://venturecamp.tamu.edu

STRENGTH & CONDITIONING
- **Small Group Training**
  Summer Shred, Session 2
  July 9 - Aug. 4 | M/W | 5:30pm - 6:30pm

- **Personal Training**
  Let a nationally certified Rec Sports personal trainer design a comprehensive exercise program just for you! Sign up at Member Services today.

FITNESS CERTIFICATIONS
- **YogaFit Warriors**
  July 7 - 8
  For details, email dwoosley@rec.tamu.edu
  Register at www.yogafit.com

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SPECIALTY PROGRAMS
- **BootCamp**
  Summer 2: July 9 - Aug. 1
  M/W | 6am - 7am | Outdoors

- **Boxing BootCamp**
  - Summer 2: July 9 - Aug. 2
    M/W | 6:30pm - 7:30pm | SRC 1119
  - Summer 2: July 9 - Aug. 2
    T/TH | 5:30pm - 6:30pm | SRC 1119

- **Bikini FitCamp**
  Summer 2: July 10 - Aug. 2
  T/TH | 6:15am - 7:15am | SRC 303

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