JUNE 2016

FITNESS PROGRAMS

BootCamp, Summer 1:
June 6 - July 11 | M/W/F 6am - 7am
BootCamp, Summer Package:
June 6 - Aug. 5 | M/W/F 6am - 7am
Bikini FitCamp, Summer 1:
June 7 - Aug. 5 | T/TH 6:15am - 7:15am
Bikini FitCamp, Summer Package:
June 7 - Aug. 4 | T/TH 6:15am - 7:15am
Booty Barre, Summer 1:
June 6 - 29 | M/W 5:30pm - 6:30pm
PiYo, Summer 1:
June 7 - 30 | T/TH 5:30pm - 6:15pm
Fitness Outreach Services:
See our website for info or to sign up.

AQUATICS

Adult Learn to Swim: Jun. 13 - 23
M - TH 7:30pm - 8:30pm
Master’s Program: Now - Aug. 24
(20 Punch Card Available)
Lifeguard Training: Jun. 1 - 5
W - F 5:30pm - 9:30pm;
Sat. 10:30am - 6:30pm;
Sun. 12pm - 5pm
Lifeguard Review: Jun. 13 & 14
5:30pm - 9:30pm
Basic SCUBA: Jun. 6 - 16
M - TH 5:30pm - 9:30pm
Check out dives all day Jun. 18 & 19

MASSAGE THERAPY

Stop by the Member Services desk or call 979.845.7826 to book a relaxing 1-hour massage at the Rec!
$40/session: A&M students/Rec members;
$60/session: public & non-members

OUTDOOR ADVENTURES

Climbing Basics Orientation Classes:
Daily @ 6:30pm
Indoor Climbing 1-on-1 Lessons:
By Appointment
Venture Base Camp, Alpha:
June 20 - 25 | Register by June 6
Visit venturecamps.tamu.edu for more information and to register.

CPR CLASSES

HeartSaver CPR/AED:
June 13 | 1pm - 5pm
HeartSaver CPR/AED & First Aid:
June 4 | 1pm - 7pm
June 15 | 12pm - 5pm
June 30 | 4pm - 10pm
BLS for Healthcare Providers:
June 19 | 1pm - 6pm
HeartSaver CPR/AED & First Aid (for Rec Sports Employees ONLY):
June 11 | 1pm - 7pm

REC CENTER SUMMER HOURS

M - F: 6am - 10pm;
Sat: 10am - 10pm; Sun: 12pm - 10pm
Visit recsports.tamu.edu for a complete list of summer hours.

STRENGTH & CONDITIONING

Let one of our nationally-certified personal trainers develop a program just for you! Sign up at Member Services.

ONLINE PROGRAM REGISTRATION: recconnect.tamu.edu
@RecSports  Texas A&M Rec Sports