

SEPTEMBER 2017

REC CENTER FALL HOURS

- Monday - Thursday 6am - 12am
- Friday 6am - 11pm
- Saturday 8am - 11pm
- Sunday 12pm - 12am

Visit recsports.tamu.edu/facilities for a complete list of Rec Sports facility hours.

INTRAMURAL SPORTS

Want a FUN job? Be an Intramural Official! Attend an orientation meeting:

- Softball: Mon., Sept. 4 | 7pm | SRC 2229
- Flag Football: Mon., Sept. 4 | 7pm | SRC 2229
- Basketball: Mon., Sept. 11 | 7pm | SRC 1130

Intramural Registration: 12pm - 6pm on the following dates at imleagues.com/tamu

- Indoor Soccer: Mon., Sept. 11 (Play Begins Mon., Sept. 18)
- Sand Volleyball (4v4): Mon., Sept. 11 (Play Begins Mon., Sept. 18)
- Flag Football: Mon., Sept. 18 (Play Begins Mon., Sept. 25)
- Softball (Corps, Frat & Co-ed Only): Mon., Sept. 18 (Play Begins Mon., Sept. 25)
- Ultimate: Mon., Sept. 25 (Play Begins Mon., Oct. 2)
- Fall Basketball (120 team limit): Mon., Sept. 25 (Play Begins Mon., Oct. 2)

AQUATICS

- Adult Learn To Swim: Sept. 4 - 14 | M - TH | 7:30pm - 8:30pm
- Adult Learn To Swim: Sept. 18 - 28 | M - TH | 7:30pm - 8:30 pm
- Learn To Swim (for kids): Sept. 29 - Nov. 12 | see website for details

OUTDOOR ADVENTURES

- Galveston Island Surfing Day Trip: Sept. 24 (Register by Sept. 21)
- Rock Climbing Clinic: Sept. 24 (Register by Sept. 21)

STRENGTH & CONDITIONING

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

GROUP RECXERCISE

- FREE Week: Now - Sept. 5
- Unlimited Pass SALE: Now - Sept. 5
On sale for \$60; price increases to \$70 beginning Sept. 6

SPECIALTY CLASSES

- Try Before You Buy: Sept. 5 - 11
Visit recsports.tamu.edu/fitness-classes for complete Specialty Classes schedule

SPECIALTY PROGRAMS

- **Bootcamp - Try Before You Buy:** Sept. 6 & 8 | W/F | 6am - 7am
- Bootcamp - 1st Session: Sept. 11 - Oct. 13 | M/W/F | 6am - 7am
- Bootcamp - Semester Package: Sept. 11 - Dec. 1 | M/W/F | 6am - 7am
- **Boxing Bootcamp - Try Before You Buy:** Sept. 6 & 7 | W/TH | All Times Below
- Boxing Bootcamp - 1st Session: Sept. 11 - Oct. 13 | M/W | 6:30pm - 7:30pm
- Boxing Bootcamp - 1st Session: Sept. 12 - Oct. 14 | T/TH | 6:15am - 7:15am
- Boxing Bootcamp - 1st Session: Sept. 12 - Oct. 14 | T/TH | 5:30pm - 6:30pm
- **Bikini Fitcamp Try Before You Buy:** Sept. 5 & 7 | T/TH | All Times Below
- Bikini Fitcamp 1st Session: Sept. 12 - Oct. 12 | T/TH | 6:15am - 7:15am
- Bikini Fitcamp 1st Session: Sept. 12 - Oct. 12 | T/TH | 6:45pm - 7:45pm

SPORT CLUBS

Want to compete? We offer 36 different sports! Visit our website for info on clubs, try-outs, etc.

CPR CLASSES

- Heartsaver CPR/AED: Mon., Sept. 11 | 5pm - 9pm | SRC 281
- Heartsaver CPR/AED & First Aid: Sat., Sept. 2 | 10am - 4pm | SRC 281
- BLS for Healthcare Providers: Sun., Sept. 3 | 2pm - 7pm | SRC 281
- Heartsaver CPR/AED & First Aid (for Rec Sports employees ONLY):
 - Thu., Sept. 7 | 5pm - 11pm | SRC 281
 - Wed., Sept. 27 | 5pm - 11pm | SRC 281

MASSAGE THERAPY

Book a one-hour massage at Member Services today!

A&M students/members: \$40/session; Non-members: \$60/session



REC SPORTS

recsports.tamu.edu

ONLINE PROGRAM REGISTRATION:
reconnect.tamu.edu



RecSports