MAY 2016

OUTDOOR ADVENTURES
Climbing Basics Orientation Classes: Monday - Friday @ 4pm & 7pm
Indoor Climbing 1-on-1 Lessons: By Appointment
First Friday Courteous Mass Ride: First Friday of Each Month

GROUP RECXERCISE
Interim Group RecXercise Schedule: In effect May 4 - 27
(visit our website or pick up a flyer at Member Services)

CPR CLASSES
Heartsaver CPR/AED & First Aid: May 2 | 5pm - 11pm
Heartsaver CPR/AED: May 12 | 5pm - 9pm
BLS for Healthcare Provider: May 15 | 2pm - 7pm
Heartsaver CPR/AED & First Aid (Rec Employees and Sport Clubs ONLY): May 21 | 12pm - 6pm

MASSAGE THERAPY
Visit Member Services or call 979.845.7826 to book a relaxing 1-hour massage!
$40/session for A&M students & Rec members;
$60/session for the public and non-members

STRENGTH & CONDITIONING
Let one of our nationally-certified personal trainers develop an exercise program specifically for you!
Visit the Member Services desk to sign up.

MAY BREAK HOURS
Visit recsports.tamu.edu for a complete list of May Break hours.

SPORT CLUBS
Men’s Rugby hosts Gareth Jones Memorial Cup: May 7 @ 8am
Penberthy Rec Sports Complex

AQUATICS
Lifeguard Training: May 19 - 22
Thu & Fri, 3:30pm - 8pm; Sat, 10am - 7pm; Sun, 12pm - 8pm

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