REC CENTER HOURS
Spring 2019
Mon. - Thu. ................................. 6am - 12am
Fri. .............................................. 6am - 11pm
Sat. ............................................. 8am - 11pm
Sun. ............................................. 12pm - 12am
Visit recsports.tamu.edu/facilities for a complete list of Spring 2019 hours.

STRENGTH & CONDITIONING
Small Group Training, Session 1:
• Registration Closes: Feb. 3 @ 5pm
• Classes Meet: Feb. 4 - Mar. 7
Programs Offered:
• HIIT It Hard:
  - M/W | 6:30am - 7:30am OR
  - T/TH | 5:30pm - 6:30pm
• Varsity Strength & Conditioning:
  - M/W | 5:30pm - 6:30pm
• Lifting 101:
  - T/TH | 6:30am - 7:30am

FITNESS EVENTS & CERTIFICATIONS
• YogaFit Certifications & Workshops:
  - YogaFit Senior | Feb. 1 | 8am - 6pm
  - YogaFit Level 1 | Feb. 2 - 3 | 8am - 6pm
• Fitness Instructor Training Info Meetings:
  - Tue., Feb. 5 | 7pm - 8pm | SRC 255
  - Wed., Feb. 6 | 7pm - 8pm | SRC 255
• Barre Above Certification:
  - Sat., Feb. 9 | 9am - 6pm
• Valentine’s Day FREE Group RecXercise Classes
  - Thu., Feb. 14 | All Day

CPR CLASS
• BLS For Health Care Professionals:
  - Sun., Feb. 3 | 2pm - 7pm | SRC 281

OUTDOOR ADVENTURES
• Lead Climbing Clinic | Feb. 10
  - Register by Feb. 8
• Rock Climbing Day Trip - Hill Country | Feb. 23
  - Register by Feb. 19
• Kayak Clinic | Feb. 24
  - Register by Feb. 22
• SPRING BREAK TRIPS | SIGN UP NOW!
  - Backpacking in the Gila Wilderness | Mar. 10 - 16
  - Canoe & Camp the Buffalo River | Mar. 11 - 16

SPORT CLUBS
• Ice Hockey vs. Texas
  - Feb. 2 | 7:30pm | Spirit Ice Arena
• Gymnastics - Texas A&M Invitational
  - Feb. 9 | 9:30am | PEAP
• Cycling - Dirty Dowling Crit
  - Feb. 16 | 2pm - 5pm | West Campus, Lot 110
• Judo - 2019 NCJA Southwest Regional Championships
  - Feb. 23 | 9am | PEAP

AQUATICS
• Adult Learn To Swim:
  Feb. 11 - Mar. 7 | M/W, T/TH | 7:30pm - 8:30pm
• Lifeguard Certification 1:
  Feb. 8 - 10 | Classroom
  - Fri., 5pm - 10pm
  - Sat., 9am - 6pm
  - Sun., 12pm - 9pm
• Lifeguard Certification Renewal:
  Sat. Feb. 23 | 12pm - 9pm | Classroom

INTRAMURAL SPORTS
Sign up at imleagues.com/tamu, 12pm - 6pm on:
• Mon., Feb. 4
  - Slowpitch Softball | Flag Football (4-on-4)
• Mon., Feb. 18
  - Kickball | Indoor Volleyball (6-on-6)

ONLINE PROGRAM REGISTRATION:
recconnect.tamu.edu

FEBRUARY 2019
recsports.tamu.edu