

# JANUARY 2019

## REC CENTER HOURS

### Winter Break Hours (through Jan. 8)

Tue., Jan. 1 .....	CLOSED
Wed., Jan. 2 - Fri., Jan. 4 .....	6am - 8pm
Sat., Jan. 5 .....	10am - 8pm
Sun., Jan. 6 .....	12pm - 8pm
Mon., Jan. 7 - Tue., Jan. 8 .....	6am - 8pm

The South Entrance will be **CLOSED** Jan. 2 - 6

### Spring Hours (beginning Jan. 9)

Mon. - Thu. ....	6am - 12am
Fri. ....	6am - 11pm
Sat. ....	8am - 11pm
Sun. ....	12pm - 12am

Visit [recsports.tamu.edu/facilities](http://recsports.tamu.edu/facilities) for a complete list of Spring 2019 hours.

## SPECIALTY PROGRAMS

### BOOTCAMP

Try Before You Buy: Jan. 14 - 23 | M/W | 6am - 7am

- **First Session:**  
- Jan. 28 - Feb. 27 | M/W | 6am - 7am

### BOXING BOOTCAMP

Try Before You Buy: Jan. 14 - 24 | M/TH | All Times

- **First Session:**  
- Jan. 28 - Feb. 27: M/W | 6:30pm - 7:30pm  
- Jan. 29 - Feb. 28: T/TH | 6:15am - 7:15 am  
**OR** 5:30pm - 6:30pm

### BARRE BOOTCAMP

Try Before You Buy: Jan. 14 - 24 | T/TH | 6:15 - 7:15am

- **First Session:**  
- Jan. 29 - Feb. 28 | T/TH | 6:15am - 7:15am

## INTRAMURAL SPORTS

Sign up at [imleagues.com/tamu](http://imleagues.com/tamu) 12pm - 6pm:

- **Monday, Jan. 28**  
- 5-on-5 Basketball | Outdoor Soccer
- **Tuesday, Jan. 29**  
- Dodgeball Wednesdays | Racquetball |  
Table Tennis | Badminton

**Want to work as an Intramural Sports Official?**

### REC SPORTS IS NOW HIRING!

Attend an **Orientation Meeting** for details:

- **Basketball, Outdoor Soccer:**  
- Jan. 15 | 7pm | SRC 1132
- **4v4 Flag Football, Softball:**  
- Jan. 22 | 7pm | SRC 1132
- **Indoor Volleyball:** Jan. 28 | 7pm | SRC 1132

## SPORT CLUBS

- **Ice Hockey vs. University of North Texas**  
- Jan. 25 | 7pm | Spirit Ice Arena

## SPECIALTY CLASSES

**TRY BEFORE YOU BUY: Jan. 14 - 27**

- **Classes Meet:** Jan. 28 - Apr. 14

## GROUP REC EXERCISE

**FREE WEEK: Jan. 14 - 20**

- **Jan. 14 - 20:** Unlimited Pass Sale - \$50  
Passes \$60 starting Jan. 21; single class passes \$5

## STRENGTH & CONDITIONING

### Small Group Training, Session 1

**FREE WEEK: Jan. 28 - 31**

- **Classes Meet:** Feb. 4 - Mar. 7
- **Registration Closes:** Feb. 3 @ 5pm

### Programs Offered:

- **HIIT It Hard:**  
- M/W | 6:30am - 7:30am  
- T/TH | 5:30pm - 6:30pm
- **Varsity Strength & Conditioning:**  
- M/W | 5:30pm - 6:30pm
- **Lifting 101:**  
- T/TH | 6:30am - 7:30am

### Personal Training Certification Prep Course

- **FREE Informational Meeting:**  
- Jan. 22 | 7pm | SRC 255
- **Course Meets 4pm - 7pm on the following dates:**  
- Jan. 27, Feb. 10, Feb. 17, Feb. 24, Mar. 3,  
Mar. 17, Mar. 24, Mar. 31, Apr. 7, Apr. 14

Contact Stephen Opskar at [sopskar@rec.tamu.edu](mailto:sopskar@rec.tamu.edu) for more information.

## AQUATICS

- **Master's Program:**  
- Jan. 14 - May 24 | Mon. - Fri. | 5:30 - 7pm  
- Jan. 25 - May 3 | Fri. | 6:30am - 8am
- **Adult Learn To Swim:**  
- Jan. 14 - Feb. 7 | M/W, T/TH | 7:30 - 8:30pm

