MARCH 2019

REC CENTER HOURS

Spring Break 2019
Fri., Mar. 8 .......................................... 6am - 8pm
Sat., Mar. 9 .......................................... 10am - 8pm
Sun., Mar. 10 ...................................... 12pm - 8pm
Mon., Mar. 11 & Tue., Mar. 12 .......... 6am - 8pm
Wed., Mar. 13 - Sat., Mar. 16 ........... 10am - 8pm
Sun., Mar. 17 ..................................... 12pm - 12am

Spring 2019
Mon. - Thu. ........................................ 6am - 12am
Fri. ........................................................ 6am - 11pm
Sat. ..................................................... 8am - 11pm
Sun. ..................................................12pm - 12am

FITNESS EVENTS & CERTIFICATIONS

• YogaFit Certifications & Workshops:
  - YogaFit Prenatal | Mar. 1 | 8am - 6pm
  - YogaFit Level 2 | Mar. 2 - 3 | 8am - 6pm
• Fitness Instructor Training:
  - Sun., Mar. 24 | Classes begin (see website)
  - Sun., Apr. 7 | Fitness Instructor Auditions

SPORT CLUBS

• Women's Soccer 7v7 Tournament
  - Sat., Mar. 2 | 9am - 6pm | Penberthy
• Women's Lacrosse vs. Southwestern
  - Sun., Mar. 3 | 11am | Penberthy
• Cheer Squad Show-Off
  - Sat., Mar. 23 | 3pm | SRC 243
• Men's Lacrosse vs. Washington
  - Mon., Mar. 25 | 6pm | Penberthy
• Sport Clubs Association 3v3 Basketball Tournament
  - Sun., Mar. 31 | 12pm | PEAP

OUTDOOR ADVENTURES

• Backpacking in the Gila Wilderness | Mar. 10 - 16
• Canoe & Camp the Buffalo River | Mar. 11 - 16
• Full Moon Stand Up Paddleboarding | Mar. 20
• Hiking Day Trip - Hill Country | Mar. 23
• Lead Climbing Clinic | Mar. 24

STRENGTH & CONDITIONING

Small Group Training, Session 2:
- FREE WEEK: Mar. 18 - 21
- Registration Closes Mar. 24 @ 5pm
- Classes Meet Mar. 25 - Apr. 25

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

INTRAMURAL SPORTS

Sign up online at imleagues.com/tamu from 12pm - 6pm on Mon., Mar. 18 for:
  Kickball | Ultimate Sundays | Tennis | Spikeball Thursdays | Cornhole Thursdays

CPR CLASS

• BLS For Health Care Professionals:
  - Sun., Mar. 17 | 2pm - 7pm | SRC 281

AQUATICS

• Basic SCUBA:
  Mar. 18 - 28 | Mon. - Thu. | 6pm - 10pm
  Check-out Dives Mar. 30 - 31 @ Blue Lagoon, Huntsville, TX
• Basic SCUBA Referral:
  Mar. 30 - 31 | S/S | All Day, Both Days | Blue Lagoon, Huntsville, TX
• Lifeguard Certification:
  Mar. 22 - 24
  - Fri., 5pm - 10pm, Sat., 9am - 6pm, and Sun., 12pm - 9pm
• Youth Learn-to-Swim:
  Mar. 24 - Apr. 28 | Sundays | 1pm - 4:15pm
• Adult Learn-to-Swim:
  Mar. 25 - Apr. 18 | M/W, T/TH | 7:30pm - 8:30pm

SPECIALTY PROGRAMS

BOOTCAMP
Try Before You Buy: Mar. 18 & 20 | M/W | 6am - 7am
• Second Session:
  - Mar. 25 - Apr. 24 | M/W | 6am - 7am

BOXING BOOTCAMP
Try Before You Buy: Mar. 18 - 21 | Mon. - Thu. | All Times Listed Below
• Second Session:
  - Mar. 25 - Apr. 24: M/W | 6:30pm - 7:30pm
  - Mar. 26 - Apr. 25: T/TH | 6:15am - 7:15 am
  OR 5:30pm - 6:30pm

BARRE BOOTCAMP
Try Before You Buy: Mar. 19 & 21 | T/TH | 6:15am - 7:15am
• Second Session:
  - Mar. 26 - Apr. 25 | T/TH | 6:15am - 7:15am