MAY 2017

MAY BREAK HOURS
Mon. - Fri. 6am - 8pm | Sat. 10am - 8pm | Sun. 12pm - 8pm
(Mon., May 29: 10am - 6pm)
Visit https://recsports.tamu.edu/facilities/ for a complete list of Rec Sports May Break hours. Summer hours will begin May 30.

GROUP RECXERCISE
The May Interim Schedule will be in effect May 3 - 26. Visit our website or pick up a flier for the full schedule. Summer schedule begins May 31.

SPECIALTY PROGRAMS
Registration opens MAY 1 for Summer 1 BootCamp, Bikini FitCamp & Boxing BootCamp. (Classes begin June 5/6). Register at reconnect.tamu.edu.
Fitness Outreach Services: Let one of our nationally certified group exercise instructors or personal trainers come to you! Visit our website to register.

OUTDOOR ADVENTURES
Registration opens in MAY for Venture: Basecamp! For details, dates, and registration info, visit venturecamps.tamu.edu.

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

CPR CLASSES
Heartsaver CPR/AED: Wed., May 10 | 5pm - 9pm
Heartsaver CPR/AED & First Aid: Sat., May 6 | 5pm - 11pm
BLS for Healthcare Providers: Sun., May 14 | 2pm - 7pm
Heartsaver CPR/AED & First Aid (for Rec Sports employees ONLY): Sat., May 20 | 5pm - 11pm

INTRAMURAL SPORTS
Register for Summer 1 Intramurals Tue., May 30 from 12pm - 6pm at https://imleagues.com/tamu.
4v4 Sand Volleyball | Outdoor Soccer | Basketball Softball | 4-on-4 Flag Football
Play begins May 31 or June 1, depending on the sport.

AQUATICS
Lifeguard Review: May 1 & 2 | 6pm - 10pm
Lifeguard Training: May 13 - 17
Sat. 10am - 6pm & Sun. - Wed. 3pm - 7:30pm
Master's Program: May 30 - Aug. 25

MASSAGE THERAPY
Book a one-hour massage at Member Services today!
A&M Students/members: $40/session
Non-members/public: $60/session

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