

Recreational Sports

What's in it for you?

RECREATIONAL
SPORTS
Division of
Student Affairs

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We Care about YOUR Health

Pohl Rec Center Memberships

Annual = \$264 2 Sem (Spring/Summer) = \$185 Spring Semester = \$99

Payroll Deduction is available year round

Dependents 16-17 can have a membership AND use the Rec Center without you

Rec Center members can bring 2 kids for free per membership anytime Rec Center is open

Spouses/Partners can buy a membership (and it can be payroll deducted)

Locker and towel service can now be payroll deducted

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FITNESS

Group Exercise

50+ Classes per week

Unlimited Pass - JUST REDUCED! **\$25**

Early morning, lunch time and evenings

M-F, 12:15 class is FREE!

Specialty Classes

Early Morning: Bootcamp* and Functional Training*

Evening: Women on Weights, Protect Yourself* and H2O Cardio

*Registration open NOW!

Fitness on the Go—we'll come to your department or event (for a small fee)

Personal Training—certified trainers can help you reach your goals

Lose or gain weight

Start a workout program

Hold you accountable

Get you comfortable in the weight room

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AQUATICS

8 lane lap pool, leisure pool, spa

Swim Lessons—Adults and Children

Private Lessons—learn how to swim, learn a new stroke, or work on your breathing

Lifeguard classes

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OUTDOOR PURSUITS

Climbing Wall

45 feet, 13 climbing stations 4300 square feet of vertical terrain
Top rope, lead climbing, group rentals, equipment checkout
Climbing Wall Passes JUST REDUCED! **\$25**

Outdoor Pursuits Center

Equipment Checkout
Help plan your trip

Adventure Trips

Day Trips, Weekend Trips and Extended Trips

Hiking, Camping, Canoeing, Climbing, Paddling, Multi-adventure

Spring Break Texas River Adventure: Brazos River, March 9-10, \$65

Texas Canyon Adventure: Palo Duro Canyon, March 13-15, \$170

Outdoor Clinics

Bike Maintenance, Climbing Drills, Slacklining Basics, All About Campfires,
Kayak Basics, Outdoor Photography, Backpacking Basics

What Else Do You Need to Know?

Sport Clubs

Intramurals Sports

Esports

Let us help you relieve stress, set realistic health goals, and be your best self!

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