

DOWN WHAT MOVES



RUTGERS
Student Affairs

REC.RUTGERS.EDU

**RUREC
2GO**



A photograph of two women climbing an indoor rock wall. The woman on the right is in the foreground, wearing a colorful tie-dye t-shirt, grey leggings, and a climbing harness with a blue and green bag. She is reaching out to assist the other climber. The woman on the left is partially obscured by a large white circular overlay containing text. The rock wall is made of light-colored panels with various colored climbing holds (yellow, green, purple, red, blue) and ropes. The background is dark, suggesting an indoor climbing gym.

Five Recreation / Fitness Centers

- Swipe in with your RUID at the front desks
- No additional fees for open recreation
 - Fitness Centers
 - Pools
 - Basketball/Volleyball/Badminton/Squash/Racquetball
 - Locker Rooms with Saunas/Steamrooms
- Borrow locks & equipment

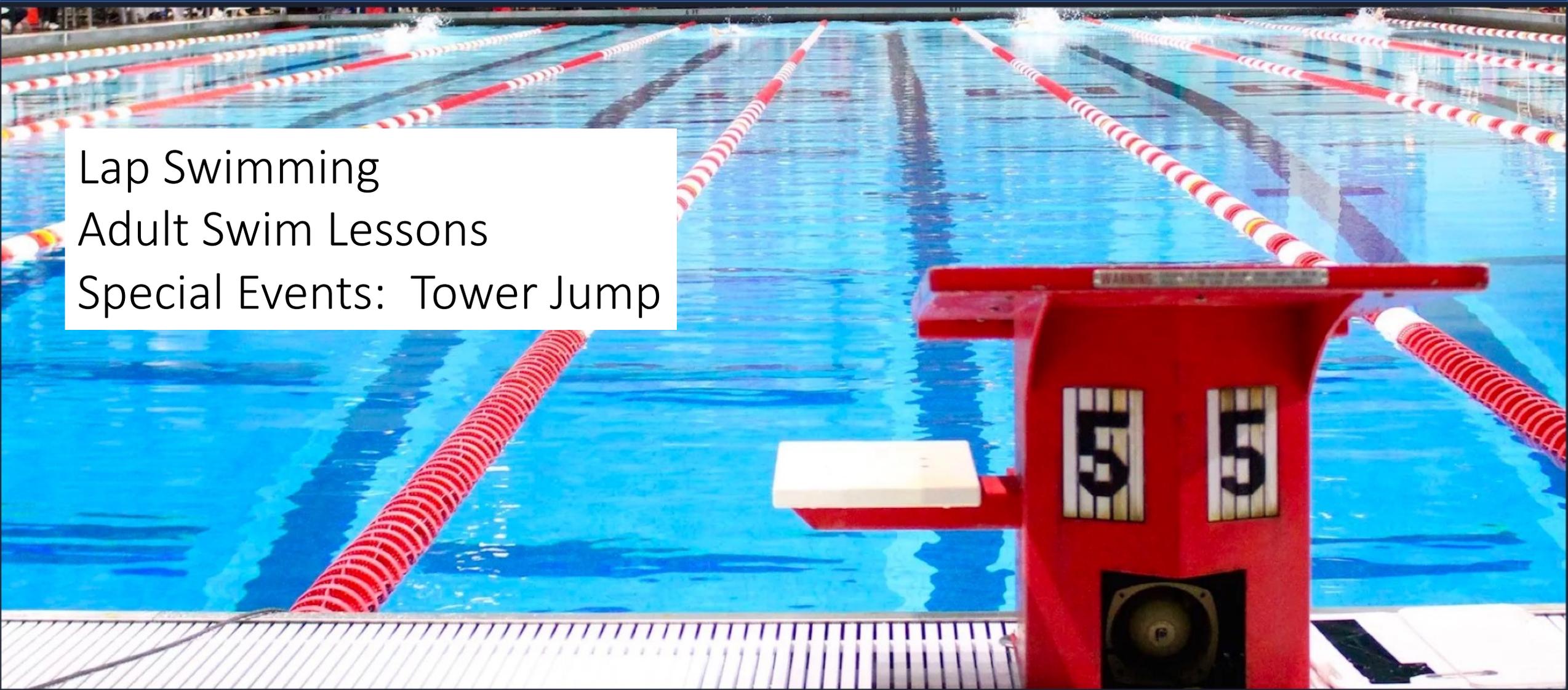


ADVENTURE REC

- Outdoor Trips
- Indoor Rock-Climbing Wall
- Equipment Provided
- Special Events
 - Log Rolling
 - Candy Climb
 - Crate Stacking

AQUATICS

Lap Swimming
Adult Swim Lessons
Special Events: Tower Jump



AQUATICS

Join Our Team!



FITNESS & WELLNESS

- Five Fitness Centers
- Power & Conditioning Room
- RU Fit Studio
- Spin Studio
- Virtual Class Space
- 100 Fitness Classes / Week
- Instructor & Trainer Certifications





PERSONAL TRAINING

In Person

Virtual

Written Plans

Male / Female Trainers

Any Campus

Start-Up Packages / Follow

Up Sessions

STEP CHALLENGE

- COMING THIS FALL!
- Log your steps for prizes
- Participate with friends
- Receive advice from our Fitness Staff





Massage Therapy

- 45 Minute Sessions
 - Student Price: \$40
- Offered on Busch, Livingston & Cook Campuses
- Male & Female Therapists
- Wellness on the Go
 - Chair Massage
 - Group Fitness Instructors

BIG CHILL RUTGERS 5K 2021
 VISIT OUR BIG CHILL FUNDRAISING STORE FOR ALL YOUR HOLIDAY GIFTS!
 GO.RUTGERS.EDU/SHOPBIGCHILL



SIGNATURE SPECIAL EVENT – BIG CHILL 5K

- 20TH Year – Commemorative Long Sleeved T-Shirt
- In-Person
- Virtual
- Donations to Winter Wishes, Rutgers Against Hunger & Others
- Save the Date: December 3rd

BIG CHILL RUTGERS 5K 2021
 SATURDAY, DECEMBER 7TH 10AM @ COLLEGE AVENUE GYM
 REGISTER NOW AT BIGCHILL.RUTGERS.EDU



THANK YOU to all the runners, donors and sponsors for being a part of the Rutgers Big Chill 5K!

Intramural Sports & Sport Clubs



INTRAMURALS

- Play other Rutgers teams on any campus weeknights both Fall & Spring
- Basketball, Flag Football, Outdoor Soccer & more...
- A & B Leagues
- Men's, Women's, CoRec or Open Play
- Registration will open second week of classes





SPORT CLUBS

- Over 4,100 students registered last year
- Compete against other schools
- Over 50 clubs
- Create your own club
 - Quidditch
 - Bass Fishing
 - Round Net

QUESTIONS?

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