DO WHAT MOVES

RUTGERS
Student Affairs

REC.RUTGERS.EDU
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
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
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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