

DO 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 slightly behind and to the side, wearing a grey t-shirt and dark leggings. The rock wall is made of large, light-colored panels with numerous small holes and various colored climbing holds (yellow, green, red, purple, blue). The background is a plain, light-colored wall.

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

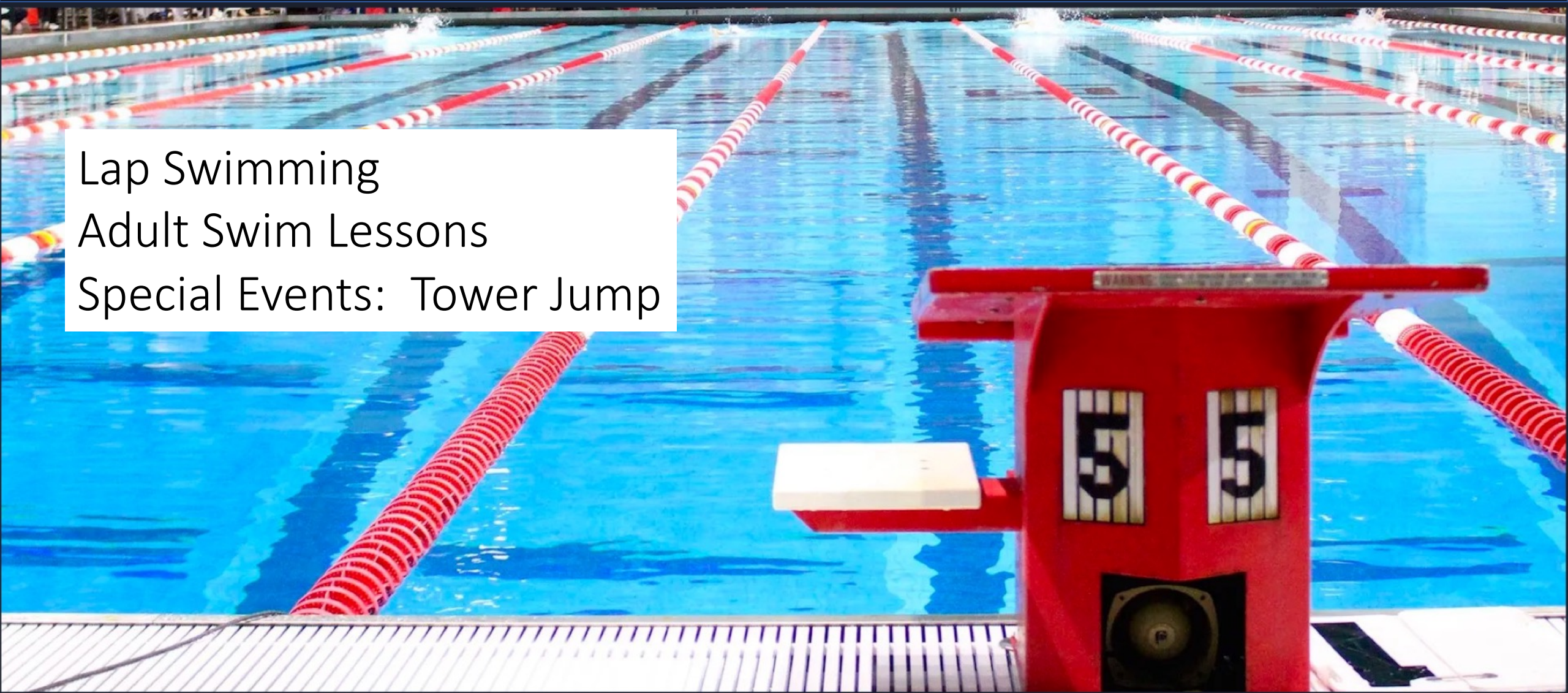
A photograph of three hikers ascending a snowy mountain trail. The hiker in the foreground is a woman with dark hair tied back, wearing a plaid shirt and tan pants, using a trekking pole. Behind her is a man with glasses and a red bandana, also using a trekking pole. In the background, another hiker is visible. All three are carrying large blue backpacks. The trail is covered in snow with some dry leaves and small trees.

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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