

# RECREATION

[rec.rutgers.edu](http://rec.rutgers.edu)

- Access to 5 Recreation Centers
- Intramural Sports
- Sport Clubs
- Fitness and Wellness Classes (free daily classes)
- Personal Training/Small Group Training
- Free exercise prescriptions/coaching provided by EIM-OC
- Massage Therapy
- Swim Lessons
- Certifications (CPR/AED, Lifeguarding, Personal Training, Fitness Instruction)
- Events (Scarlet Rumble, Big Chill 5K, Tower Jump, Bench Press Competition)
- Adventure Recreation (Day & Overnight Trips, Rockwall)

