

# Rutgers Recreation

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



**RUTGERS—NEW BRUNSWICK**  
**Recreation**  
Division of Student Affairs





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# RECREATION is for **EVERYBODY**

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**Vision:** A thriving community embracing lifelong wellbeing

**Mission:** Facilitate inclusive recreation opportunities to foster self-discovery, belonging, and wellness for the Scarlet Knights community





# Facilities

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- COOK/DOUGLASS: C/D RECREATION CENTER
  - Fitness Center, Pool, sand volleyball, Sauna, Indoor/ outdoor basketball courts, roller hockey rink , GO OUTDOORS base camp, Wellness suite, sauna, dance/group fitness studio, and raquetball courts
- BUSCH:SONNY WERBLIN RECREATION CENTER
  - Fitness Center, Pool, Sand volleyball, turf sport club field, fitness studios (power gym, cycle studio, stretching and Conditioning), Wellness suit and Raquetball/ Squash courts
- LIVINGSTON: LIVINGSTON RECREATION CENTER
  - Fitness Center, Pickleball/Tennis courts, Indoor/Outdoor basketball, 2 dance/group fitness studios
- CAG/COLLEGE AVE GYM & RUTGERS FITNESS CENTER
  - Fitness centers(s), Rock wall, Power gym and Conditioning space , IM & Sport club office, Dance/Group fitness studios and Personal training office



WERBLIN RECREATION CENTER



# PROGRAMS

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- **FITNESS & WELLNESS**

- Fitness & Wellness classes (Yoga, Pilates, BODYPUMP and more!), personal training, small group training, massage therapy, free exercise prescriptions (EIM-OC)

- **ADVENTURE RECREATION**

- Trips and rock climbing (hike, ski, kayak, camp, belay certifications, Rockwall)

- **AQUATICS**

- Adult swimming lessons, Lifeguarding and CPR certifications, open swim , events (Tower Jump)

- **SPORT**

- Sport Clubs (Dance, Team sports, Martial arts and more (50+) and Intramural sports (All levels, team registration)

