

RECREATION

rec.rutgers.edu

5 REC CENTERS:

- Livingston Recreation Center
- College Ave Gym
- Rutgers Fitness Center
- Sonny Werblin Recreation Center
- C/D Recreation Center

PROGRAMS:

- Fitness & Wellness Classes
- Personal & Small Group Training
- Massage Therapy
- Club Sports
- Intramurals
- Aquatics
- Adventure Trips & Rockwall
- Certifications & Employment Opportunities



SCAN TO VISIT
REC.RUTGERS.EDU





RECREATION is
for
EVERYBODY

We facilitate inclusive recreation opportunities to foster self-discovery, belonging, and wellness for the Scarlet Knight community.



Facilities

COOK/DOUGLASS: C/D RECREATION CENTER

- Fitness Center, Pool, Sand Volleyball, Saunas, Indoor/Outdoor Basketball Courts, Roller Hockey Rink, Wellness Massage Therapy & Raquetball Courts

BUSCH: SONNY WERBLIN RECREATION CENTER

- Fitness Center, Pool, Sand Volleyball, Indoor Basketball/Volleyball/Badminton, Outdoor Turf Fields, Fitness Studios (Olympic Lifting, Cycle Studio), Saunas, Wellness Massage Therapy & Raquetball/Squash Courts

LIVINGSTON: LIVINGSTON RECREATION CENTER

- Fitness Center, Outdoor Tennis Courts, Indoor/Outdoor Basketball/Pickleball/Volleyball Courts, Dance/Group Fitness Studios, Saunas, Indoor Turf (in construction)

CAG/COLLEGE AVE GYM & RUTGERS FITNESS CENTER

- Fitness Centers(s), Rock Wall, Olympic Lifting, Dance/Group Fitness Studios, Saunas, Rockwall, & Indoor Basketball/Volleyball

WERBLIN RECREATION CENTER



FITNESS & WELLNESS

- Free weekly group fitness classes
 - Yoga, Pilates, Les Mills BODYPUMP, Zumba, Spinning, & more
- Personal Training, Small Group Training, Free Intro Strength classes, and Exercise Prescriptions (EIM-OC)
- Massage Therapy

"I changed my clinical schedule to be able to come to BODYPUMP! It's what gets me through my med school classes."



ADVENTURE RECREATION

- Indoor Rockwall (College Ave)
- Belay Certification
- **Trips:** Hiking, Biking, Sunset Kayaking, Standup Paddleboarding, Camping, Skiing, Snowboarding, Fossil Hunting, and more



AQUATICS



REC SPORTS



CLUB SPORTS

- Student Organizations
- Compete against other schools
- Practices: 2-3 times per week
- Competitive or Communal



INTRAMURALS

- Leagues and tournaments on campus
- Sign Up with Friends
- Games: 1-2 per week

EVENTS

- Yoga in the Park
- Exercise is Medicine Month
- RU STRONG
- Step Challenge
- Glow in the Dark Dance & Rockwall
- Trivia Bowl
- Twilight Yoga
- Tower Jump/Pool Party





Big Chill 5K

- Registration opens **September 15th, 2026**
- Walk or Run our annual 5K on campus. This is our **23rd year!**
- Support the **local community** with **toys for the holidays** & the **"No Hungry Knights Fund"**