

# JANUARY

## CPR CLASSES

Heartsaver CPR/AED & First Aid (*Rec Employees Only*):

Sun., Jan. 15 | 5pm - 11pm | SRC 281

## AQUATICS

- **Adult Learn To Swim:**  
Jan. 23 - Feb. 2 | M - TH  
7:30pm - 8:30pm
- **Master's Program:**  
Jan. 17 - May 12 | M - F  
5:30pm - 7pm
- **Lifeguard Review:**  
Jan. 22 | 12pm - 8pm
- **ARC Learn To Swim:**  
Jan. 29 - Apr. 9 | Sun | 1pm - 4pm  
*Visit our website for more info!*

## OUTDOOR ADVENTURES

- **Climbing Orientation Classes:**  
M - F | 4pm & 7pm
- **Big Bend Rio Grande Paddling Adventure:** Jan. 11 - 15 (reg. by Jan. 4)
- **Climbing Wall Instructor Course by PCIA:** Jan. 27 - 29

## SPORT CLUBS

- **Ice Hockey vs. Washington**  
Jan. 13 | 7pm | Spirit Ice Arena
- **Women's Volleyball - Aggieland Classic:** Jan. 14 - 15 | All Day  
Rec Center & PEAP
- **Powerlifting - Aggieland Showcase**  
Jan. 28 | All Day | PEAP

## REC CENTER HOURS

Monday - Thursday: 6am - 12am

Friday: 6am - 11pm

Sat.: 8am - 11pm | Sun.: 12pm - 12am

Visit [recsports.tamu.edu/facilities](http://recsports.tamu.edu/facilities) for a complete list of Spring 2017 hours.

## SPECIALTY PROGRAMS

### SPECIALTY CLASSES

- **Try Before You Buy:** Jan. 22 - 26
- **Classes Meet:** Jan. 29 - Apr. 13

### PULSEPOINTE BARRE CERTIFICATION

Jan. 28 | 9am - 6pm

Register at [www.pulsepointebarre.com](http://www.pulsepointebarre.com)

### BOOTCAMP

- **Try Before You Buy:** Jan. 25 & 27 | W/F
- **First Session:** Jan. 30 - Mar. 3 | M/W/F
- **Semester Pkg:** Jan. 30 - Apr. 21 | M/W/F

*Classes meet 6am - 7am outdoors*

### BOXING BOOTCAMP (NEW!)

- **Try Before You Buy:** Jan. 24 & 26 | T/TH
- **First Session:** Jan. 31 - Mar. 2 | T/TH

*Classes meet 5:30pm - 6:30pm in Room 1119*

### BIKINI FITCAMP

- **First Session:** Jan. 31 - Mar. 2 | T/TH
- **Semester Pkg:** Jan. 31 - Apr. 20 | T/TH

*Classes meet 6:15am - 7:15am in SRC 303*

## GROUP REC EXERCISE

**FREE WEEK:** Jan. 17 - 22

## INTRAMURAL SPORTS

Register at [imleagues.com/tamu](http://imleagues.com/tamu) from 12pm - 6pm on date below.

- **5-on-5 Basketball** - Mon., Jan. 30

### NOW HIRING Intramural Officials!

Attend an **ORIENTATION MEETING** for details. (*Meetings held in SRC 281.*)

- **Basketball:** Wed., Jan. 18 | 7pm
- **Outdoor Soccer:** Wed., Jan. 18 | 8pm
- **Flag Football:** Mon., Jan. 23 | 7pm
- **Softball:** Mon., Jan. 23 | 8pm
- **Volleyball:** Mon., Jan. 30 | 7pm

## MASSAGE THERAPY

Book a relaxing one-hour massage!

- **A&M Students/members:** \$40/session
- **Non-members/public:** \$60/session

## STRENGTH & CONDITIONING

**NOW** is the time to start getting in shape for spring! Sign up for personal training at Member Services today.



REC SPORTS

[recsports.tamu.edu](http://recsports.tamu.edu)

ONLINE PROGRAM REGISTRATION:  
[reconnect.tamu.edu](http://reconnect.tamu.edu)

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