MAY 2017

MAY BREAK HOURS

Mon. - Fri. 6am - 8pm | **Sat. 10am - 8pm** | **Sun. 12pm - 8pm**
(Mon., May 29: 10am - 6pm)

Visit **https://recsports.tamu.edu/facilities/** for a complete list of Rec Sports May Break hours. Summer hours will begin May 30.

GROUP RECXERCISE

The May Interim Schedule will be in effect May 3 - 26. Visit our website or pick up a flier for the full schedule. Summer schedule begins May 31.

SPECIALTY PROGRAMS

Registration opens <u>MAY 1</u> for Summer 1 BootCamp, Bikini FitCamp & Boxing BootCamp. (Classes begin June 5/6). Register at recconnect.tamu.edu.

YogaFit Certification & Workshops:
Level 4: May 18 - 21. Register at www.yogafit.com.

Fitness Outreach Services: Let one of our nationally certified group exercise instructors or personal trainers come to you! Visit our website to register.

OUTDOOR ADVENTURES

Registration opens in <u>MAY</u> for Venture: Basecamp! For details, dates, and registration info, visit venturecamps.tamu.edu.

STRENGTH & CONDITIONING

Let one of our nationally certified personal trainers develop an exercise program specifically for you! Sign up at Member Services.

CPR CLASSES

Heartsaver CPR/AED: Wed., May 10 | 5pm - 9pm

Heartsaver CPR/AED & First Aid:
Sat., May 6 | 5pm - 11pm

BLS for Healthcare Providers:
Sun., May 14 | 2pm - 7pm

Heartsaver CPR/AED & First Aid *(for Rec Sports employees ONLY):* Sat., May 20 | 5pm - 11pm

INTRAMURAL SPORTS

Register for Summer 1 Intramurals Tue., May 30 from 12pm - 6pm at <u>https://imleagues.com/tamu</u>.

4v4 Sand Volleyball | Outdoor Soccer | Basketball
Softball | 4-on-4 Flag Football

Play begins May 31 or June 1, depending on the sport.

AQUATICS

Lifeguard Review: May 1 & 2 | 6pm - 10pm

Lifeguard Training: May 13 - 17
Sat. 10am - 6pm & Sun. - Wed. 3pm - 7:30pm

Master's Program: May 30 - Aug. 25

MASSAGE THERAPY

Book a one-hour massage at Member Services today!

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