



WHAT'S UP WITH CAMPUS RECREATION?

Campus Recreation Newsletter

August/September Edition

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Upcoming

We will be open for Labor Day!

Special Events

Rec Fest

August 29th from 4-6pm on Ball Circle

Campus Recreation Table

August 31st 5-7pm at Club Carnival

Poker Run

Family Weekend Fun Run

September 17th at 7am

Pop-up Barre Class

September 29th time to be determined.



Social Media

Facebook:

UMW Campus Rec

Twitter, Instagram, and
NOW Snapchat:

UMWCampusRec

Trivia: What is the largest bone in the leg?

Answer: The Femur or thigh-bone!

Contact us via phone at 540-654-1732 or via email at umwcrc@gmail.com

Getting to Know Us

We recently welcomed two new professional staff members, Brittanie Haas, Assistant Director of Fitness and Wellness, and Erin Hill, Graduate Assistant of Fitness and Wellness, to our team. Information about where they are from can be found on our website, but we want to give you a chance to get to know them to the core, so we asked them the difficult questions.

Q: What does Fitness and Wellness mean to you?

Brittanie: “Fitness and Wellness means having a well rounded life in which you take care of yourself at home, at work, and in extracurricular events.”

Erin: “Fitness and Wellness means a healthy lifestyle pair with positive motivation.”

Q: Tell us about yourself in less than 17 words.

Brittanie: “I love fitness, dogs, dancing and One Direction.”

Erin: “I am a beach bum, Fitness junkie, lover of puppies, and the show ‘Friends.’”

Q: What is your favorite cookie?

Brittanie: “Chocolate Chip.”

Erin: “Chocolate Chip.”

Q: If everyone came to your house for dinner, what would you make us?

Brittanie: “Chicken Enchiladas and for dessert Apple Bunt Cake.”

Erin: “Chicken Fried Steak with mashed potatoes and southern green beans with Grandma’s peach cobbler for dessert.”

Be sure to introduce yourself to our new members whenever you see them around the Fitness Center. Be sure to check back next month for our next interviewee.

Alumni Central

Due to the number of Alumni who have expressed interest, Campus Recreation will now be offering Alumni who have purchased memberships to have a plus one.

This plus one will pay a membership fee appropriate for the membership length they desire to have. This fee will be the same price as the regular Alumni memberships.

One Month- \$20

Two Month- \$40

One Semester-\$60

Visit our website: <http://students.umw.edu/campusrec/>

Fitness Center Hours of Operation for Fall 2016

Monday: 7 AM to 10:30 PM

Tuesday: 7 AM to 10:30 PM

Wednesday: 7 AM to 10:30 PM

Thursday: 7 AM to 10:30 PM

Friday: 7 AM to 8 PM

Saturday: 11 AM to 8 PM