



WHAT'S UP WITH CAMPUS RECREATION?

Campus Recreation Newsletter

July Edition

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Closings:

July 2nd through July 4th the Fitness Center and Pool will be closed.

The Main Attraction

The UMW Fitness Center has recently updated the strength floor. All of our old machines have been replaced with new machines from TechnoGym. These updated machines provide a whole new way to work out. From plate loaded to selectorized machines, every muscle is covered. Most machines have a QR Code that you can scan to find out different techniques you can use, the muscle groups you are utilizing, and the functions of that machine. You can download a QR scanner to any smart phone which will help you unlock this exciting new feature!



Social Media

Facebook: UMW Campus Rec

Twitter: UMWCampusRec

Instagram: UMWCampusRec

Trivia: What is the largest bone in the leg? Answer will be in the next edition!

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

Outdoor Recreation

Campus Recreation is excited to announce the beginning of a formal Outdoor Recreation program within the department! In Virginia, we are blessed with a wide variety of outdoor opportunities ranging from the Blue Ridge and Shenandoah mountains to 4 major rivers to the Atlantic Ocean and everything in between. This program will aim at providing the UMW community to explore all the beauty Virginia has to offer while providing a way to stay active. The goal is to provide different types of trips depending upon the season as well as community interests. We invite you to join us on these trips, or, if you choose to go alone, rent equipment from our rental center. Most of the events will have an associated cost, however, we are striving to keep costs as low as possible. Updates will be posted on our website (<http://students.umw.edu/campusrec/outdoor-recreation/>) and questions or suggestions can be emailed to umwoutdoorrecreation@gmail.com.



Student Memberships

The UMW Fitness Center will be offering Summer Memberships to student not enrolled in summer class for a price of \$20. This membership lasts until the Fall Semester begins.

Once you have purchased this membership you will be free to access the facility whenever the Fitness Center is open. This includes pool hours, group fitness classes, and any events we may hold.

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Alumni Central

The UMW Fitness Center now offers memberships to Alumni of the university.

- 1 Year -\$150
- 1 Semester -\$60
- 2 months -\$40
- 1 month -\$20

Upon purchasing an Alumni Membership, you will receive a parking pass allowing you to park on campus without the risk of being ticketed or towed. Keep in mind spaces are limited and any event being hosted on campus will decrease the number of spots available.

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

Fitness Center Hours of Operation

Monday:

11:00 AM - 2:00 PM

4:00 PM - 7:00 PM

Tuesday:

7:00 AM - 9:00 AM

11:00 AM - 2:00 PM

4:00 PM - 7:00 PM

Wednesday:

11:00 AM - 2:00 PM

4:00 PM - 7:00 PM

Thursday:

7:00 AM - 9:00 AM

11:00 AM - 2:00 PM

4:00 PM - 7:00 PM

Friday:

11:00 AM - 2:00 PM

4:00 PM - 7:00 PM

Saturday:

10:00 AM - 2:00 PM

Sunday:

12:00 PM - 4:00 PM

Pool Hours

Monday:

12:00 PM - 2:00 PM

Tuesday:

7:00 AM - 9:00 AM

Wednesday:

12:00 PM - 2:00 PM

Thursday:

7:00 AM - 9:00 AM

Friday:

12:00 PM - 2:00 PM

Saturday:

10:00 AM - 12:00 PM

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