

# Get Active, Get Involved with Campus Recreation

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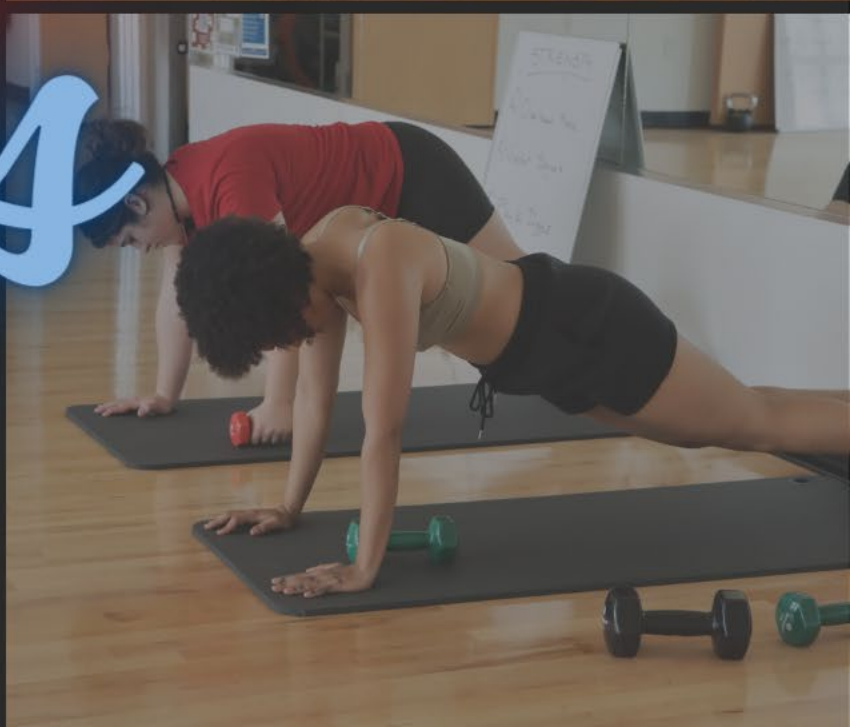
# CAMPUS *Recreation*

# Why Participate with Campus Recreation?

- Provides you the opportunity to connect with your peers in engaging ways!
  - From Sport Clubs to Group Fitness to Open Climb, we can help you find your fit within our programs.
- Promote health and wellness through a variety of programs!
  - Our collaborative programs help provide you health and wellness resources, such as the Registered Dietitian, Teaching Kitchens, Flu Shots, Therapy Dogs, and much more!
- Plays a vital role in career readiness!
  - As one of the largest employers on campus, we help students gain experience as they grow from entry level roles to supervisory roles or internships.







# GROUP *Fitness*

# Where Fitness meets FUN!

- 40 + Class Schedule in Fall and Spring
- Limited Class Schedule in Summer
- Specialty Classes and Programming
  - Brazilian Jiu Jitsu
  - Ladies Lift 1.0 and 2.0
  - Fitness on Demand
  - Instructor Training Courses
  - Monthly Specialty Class Schedule







# PERSONAL *Training*

# Let us help you customize your Fitness!

- Student Pricing Available
- Group Pricing Available
- ACE Personal Training Prep Course







# INTRAMURAL *Sports*



# Ready for some friendly competition?

- Leagues

- Flag Football
- Indoor Soccer
- Basketball
- Volleyball
- And More!

- Tournaments

- Dodgeball
- Cornhole
- Billiards
- And More!





# SPORT *Clubs*



# 2024-2025 Sport Club Council

Cheer  
Equestrian  
Esports  
Fencing  
Figure Skating  
Flag Football (Women's)  
Foam Fighting  
Golf  
Gymnastics

Ice Hockey (Men's)  
Kohesion  
Lacrosse (Men's)  
Lacrosse (Women's)  
Rugby  
Soccer (Men's)  
Soccer (Women's)  
Tennis  
Volleyball





# OUTDOOR *Recreation*

**BASE CAMP**  
Experiences Make a Difference

ALL GAS  
NO BRAKES

First Gen

FLORIDA ATLANTIC  
EST. 1961  
OWLS

♥ PB



For those who want to try something new or are more adventurous...

- Open Climb
  - Wednesday and Friday 4-6pm
- Challenge Course
  - Team Building





# SPECIAL *Events*



# Always something happening at the Rec!

- Fall:
  - Rave at the Rec
  - Homecoming Hype Up
  - Veteran's Day 5K
- Spring:
  - Rec Fest
- Year Round:
  - Fresh Fridays at the Pool





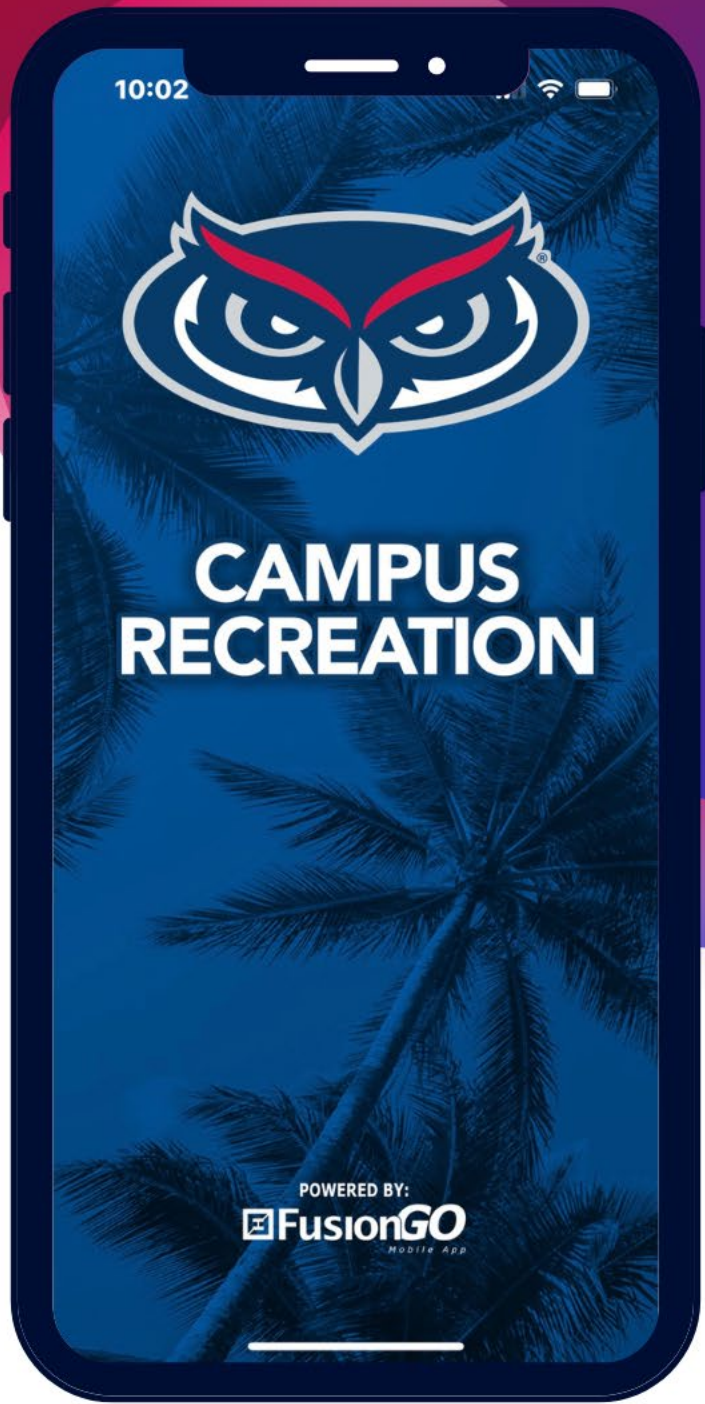
# PARTNER *Campuses*



# Don't live close to Boca?

- Broward Fitness Center
  - Located on the Davie Campus
  - Cardio and Strength Equipment
  - Events through out the year
- Jupiter Fitness Center
  - Located in RH-3
  - Cardio and Strength Equipment
  - Intramurals
  - Pool and Outdoor Courts
  - Events through out the year





# Download our **FAU CAMPUS REC APP**



SCAN HERE TO  
DOWNLOAD ON  
ANDROID OR APPLE!

## **APP FEATURES INCLUDE:**

- FORGOT YOUR ID? SCAN IN WITH THE APP**
- GET AREA SPECIFIC NOTIFICATIONS**
- REGISTER FOR PROGRAMS**
- AND MORE!**







SEE YOU AT  
*The Rec!*

# Student Rotations

## Rotation #2 - 10:45-11:10

- Mentoring- Grand Palm 3
- How Not to Fail-- Grand Palm 2
- Professionalism- Grand Palm 4
- Campus Rec-CBK

