

# RECREATE



AUBURN

CAMPUS RECREATION

[www.campusrec.auburn.edu](http://www.campusrec.auburn.edu)





W. JAMES SAMFORD

1997

1/3-MILE TRACK

ROCK CLIMBING

LEISURE POOL

RACQUETBALL

GAME ROOM

BASKETBALL

EQUIPMENT

WEIGHTS

HOT TUB

GOLF

Facility of Merit 2014

Athletic Business

Outstanding Sports Facility 2015

National Intramural - Recreational Sports Association



# our facility

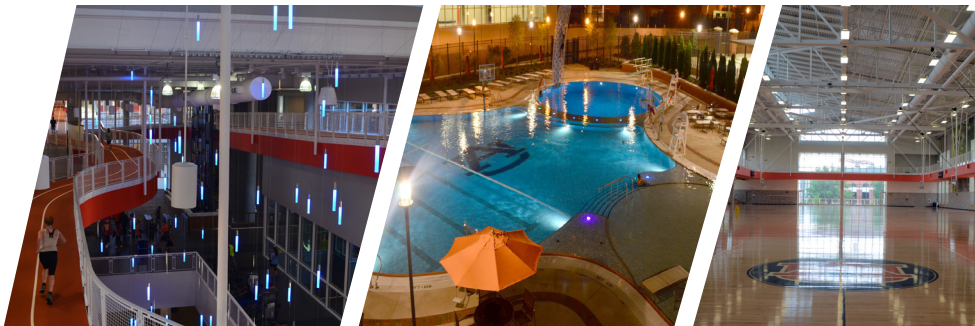
Recognized by Men's Health magazine as one of the "coolest college recreation centers in America," Auburn's 240,000-square-foot facility is a virtual backyard for students across campus. With quick access from the student center, wellness kitchen, and other key locations, the Recreation and Wellness Center greatly enhances the campus experience by promoting personal, social, and physical development through quality services and diverse programming.

The state-of-the-art facility includes a 1/3-mile corkscrew track, two 50-foot rock-climbing towers, a PGA golf simulator, cardio and strength equipment, multi-purpose indoor courts, and more.

## facility hours

DAY OF WEEK	HOURS
Monday - Thursday	5:30 a.m. to midnight
Friday	5:30 a.m. to 9 p.m.
Saturday	10 a.m. to 8 p.m.
Sunday	Noon to midnight

[www.campusrec.auburn.edu/facilities](http://www.campusrec.auburn.edu/facilities)



PADDLE BOARDING  
MOUNTAIN BIKING  
COMMUNITY  
BIKE SHOP  
KAYAKING  
CLIMBING  
CAMPING  
RENTALS  
CLINICS  
TRIPS

# auburn outdoors

Auburn Outdoors is an adventure-based education program providing numerous avenues for outdoor recreation. We are excited to offer adventure trips, indoor climbing, equipment rentals, and events on and off campus. Programs include backpacking, paddling, climbing, biking, and more.



Auburn Outdoors is located in the Recreation and Wellness Center where you will find an outdoor equipment rental shop, a bike shop, trip planning resources, and a social gathering locale.

No previous experience is necessary to participate in most outdoor offerings. We welcome the opportunity to teach new skills to those interested in learning more about outdoor sports and recreation.

At Auburn Outdoors you will find the resources to build a better you through education, exploration, and experience.

# our hours

<b>CLIMBING WALL</b>	<b>HOURS</b>
Monday - Friday	<b>2-9 p.m.</b>
Saturday & Sunday	<b>2-5 p.m.</b>

<b>RENTAL SHOP</b>	<b>HOURS</b>
Monday - Friday	<b>12-6 p.m.</b>
Saturday	<b>Closed</b>
Sunday	<b>5-8 p.m.</b>

[www.campusrec.auburn.edu/outdoors](http://www.campusrec.auburn.edu/outdoors)



ULTIMATE FRISBEE  
TEAM HANDBALL  
TABLE TENNIS  
BASS FISHING  
VOLLEYBALL  
LACROSSE  
CRICKET  
SOCCER  
TENNIS  
RUGBY

# club sports

Sports clubs are student organizations designed to promote good sportsmanship, skills development, and athletic competition. Clubs can be competitive, recreational, or instructional in nature, and are not affiliated with the NCAA. Sports are available to students of all skill levels.

Club sports provide students with lifelong friends, competitive opportunities, leadership, and personal development. Currently, there are more than 25 sports clubs recognized by Campus Recreation.

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[www.campusrec.auburn.edu/sports](http://www.campusrec.auburn.edu/sports)







Badminton  
Bass Fishing  
Cricket  
Golf  
Ice Hockey  
Karate  
Lacrosse  
Rowing  
Rugby  
Sailing  
Soccer

Swimming  
Table Tennis  
Team Handball  
Tennis  
Ultimate Frisbee  
Volleyball  
Wakeboarding  
Water Polo  
Water Skiing  
Wrestling

## about clubs

For a complete listing of Auburn University  
Campus Recreation Club Sports, visit  
[www.campusrec.auburn.edu/club](http://www.campusrec.auburn.edu/club).

HOLLOW GROUNDS  
TEXAS GOLF TOUR  
TPC SAWGRASS  
SHADY DUNES  
PEBBLE BEACH  
THE HEATHER  
OLD COURSE  
PINE RIVERS  
SUN RIDGE  
SHESHAN

# golf simulator

Our PGA Golf Simulator creates a golfing environment that feels, looks, and plays like the real thing. By rendering over 50 favorite official PGA Tour courses in 3D, you are able to see and play all areas in a course. We provide the clubs: men's, women's, right-, and left-handed. Book your tee time and play a round for only \$8.

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[www.campusrec.auburn.edu/golf](http://www.campusrec.auburn.edu/golf)





Simulator technology optimizes the use of high-speed, 3D cameras to gather images of the ball and club, and provides the player with useful information for instruction and improvement.

The system tracks club data as the club approaches the ball, and ball data at the moment of impact. The measurements are used in conjunction with true-trajectory physics to accurately replicate the shot— regardless of its speed, direction, or shape.

tee times

Purchase a pass, schedule a tee time with our equipment desk, and start working on your game! Call 334.844.0164, or visit the Equipment Desk for tee times.

BARRE ESSENTIALS

GLIDE AND RIDE

TIGER PUMP

BOOT CAMP

INSANITY

CYCLING

PILATES

ZUMBA

YOGA

TRX

# group fitness

Group fitness classes provide a versatile and safe environment for participants of any skill level. The classes are led by trained instructors and filled with students, faculty, and staff from the campus community.

With more than 175 classes per week, a wide variety of formats ensures something for everyone. Classes begin at 5:45 a.m. and last from 30 to 75 minutes each. Purchase a Class Pass at the link below.

[www.campusrec.auburn.edu/group](http://www.campusrec.auburn.edu/group)





# class pass

Monthly Class Pass	\$15
Semester Class Pass	\$50
Annual Class Pass	\$100

# class formats

Aqua Fitness

Cardio

Cardio Dance

Cycle

Fusion

Mind / Body

Muscular Strength

Endurance



ACCOUNTABILITY  
CONSULTATIONS  
ASSESSMENTS  
WEIGH-INS  
SUPPORT  
EXERCISE  
COOKING  
RECIPES  
ADVICE  
TIPS

# healthy weigh

The goal of the Auburn University Healthy Weigh Challenge is to empower the Auburn community to achieve lifelong health and wellness. Our wellness team provides the necessary tools, coaching, and encouragement in the areas of fitness, nutrition, and overall life balance. The Healthy Weigh Challenge includes semi-private personal training, a nutritional consultation, three assessments, weekly weigh-ins, cooking classes, and more!

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[www.campusrec.auburn.edu/challenge](http://www.campusrec.auburn.edu/challenge)





## our rates

Student Members	<b>\$195</b>
Employee Members	<b>\$225</b>
Employee Non-Members	<b>\$375</b>

## client testimonial

"I really enjoyed the holistic nature of the program, combining fitness and nutrition, the variety of activities, having a regular group to work out with, and the enthusiastic personal trainers. I began to feel better and more confident very quickly. My clothes fit better, and I had fun. Can't beat that!"

– Sharon Roberts, Participant

ULTIMATE FRISBEE  
FLAG FOOTBALL  
BASKETBALL  
VOLLEYBALL  
SWIMMING  
SOFTBALL  
BOWLING  
SOCCER  
TENNIS  
GOLF

# intramural sports

Intramural Sports at Auburn University offers individual and team sports for male, female, and co-ed participation. Intramural activities range from traditional sports such as flag football, basketball, and slow-pitch softball to non-traditional sports such as table tennis, badminton, and sand volleyball. Participating in Intramural Sports provides a great opportunity to engage in competition and meet other students, faculty, and staff. Everyone is welcome, regardless of skill level.

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[www.campusrec.auburn.edu/sports](http://www.campusrec.auburn.edu/sports)







# student officiating

Student officiating is just as much a part of Auburn Intramural Sports as the sports themselves.

Officials for all major team sports are needed each semester. Training for each sport is provided and work schedules are flexible.



FOOD ALLERGIES  
GLUTEN-FREE  
ORTHOREXIA  
COUNSELING  
ANOREXIA  
FERTILITY  
EXERCISE  
BULIMIA  
WEIGHT  
DIET

# nutrition team

Our registered dietitians/nutritionists assist clients with grocery shopping, meal planning, weight management, food allergies/intolerances, gastrointestinal issues, disease prevention, fertility issues, and eating disorder recovery.

Partnering with the Auburn University Medical Clinic, Student Counseling Services, and private practice clinicians, the team provides a triad approach for true recovery for those struggling with disordered eating, exercise, nutrition, and body image issues.





## our rates

Initial Consult	\$45
Grocery Store Tour	\$45
Metabolic Assessment	\$100
Nutrition Follow-Up	\$10-\$30
Telehealth/Skype Check-In	\$10-\$30
Weigh-In	\$0

## our expertise

Jessica-Lauren Newby, MA, RDN, LDN, IBCLC  
Registered Dietitian, Clinical Instructor

[www.campusrec.auburn.edu/nutrition](http://www.campusrec.auburn.edu/nutrition)

PERSONALIZATION  
ACCOUNTABILITY  
ONE-ON-ONE  
MOTIVATION  
TECHNIQUE  
WORKOUT  
EXERCISE  
HEALTH  
ADVICE  
PLAN

# personal training

Our certified personal trainers will work with you to develop an appropriate exercise program and closely supervise your progress. After first assessing your current fitness levels, our trainers will create a personalized workout plan, teach you how to properly perform various exercises, and motivate you to reach your fitness goals. Whether you are looking to lose weight, gain muscle, improve your cardiovascular fitness, excel at your chosen sport, or learn more about proper technique, our certified trainers will customize a fitness plan just for you.

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[www.campusrec.auburn.edu/personal-training](http://www.campusrec.auburn.edu/personal-training)



**PERSONAL  
TRAINER**



# our rates

## personal training

PACKAGE	STUDENTS	EMPLOYEES
1 Session	\$18	\$20
3 Sessions	\$50	\$55
6 Sessions	\$90	\$105
12 Sessions	\$170	\$195
20 Sessions	\$270	\$310
30 Sessions	\$360	\$420

## semi-private training (2-3 participants)

PACKAGE	STUDENTS	EMPLOYEES
1 Session	\$12	\$14
3 Sessions	\$35	\$40
6 Sessions	\$65	\$75
12 Sessions	\$120	\$140
20 Sessions	\$180	\$220
30 Sessions	\$240	\$300

CONCENTRATION  
CONDITIONING  
MOVEMENTS  
RESISTANCE  
BREATHING  
PRECISION  
POSTURE  
CONTROL  
CHANGE  
CORE

# pilates reformer

By using the equipment's resistance and support, exercises on the Pilates Reformer offer more than a standard mat workout. Guided by a certified Pilates instructor, movements are tailored for your body and the program design is specific to your needs.

You will develop a stronger core, gain stability and balance, improve posture, and condition your entire body. You will also learn the basic Pilates principles of breathing, control, concentration, and precision.

Practicing Pilates complements any exercise routine, and is appropriate for all ages and fitness levels.





## our rates

PRIVATE SESSIONS	RATE
Private Session	\$35 hr
Five Sessions	\$160
Ten Sessions	\$300

“In 10 sessions, you will feel the difference.  
In 20, you will see the difference.  
And in 30, you’ll be on your way  
to having a whole new body!”

–Joseph Pilates

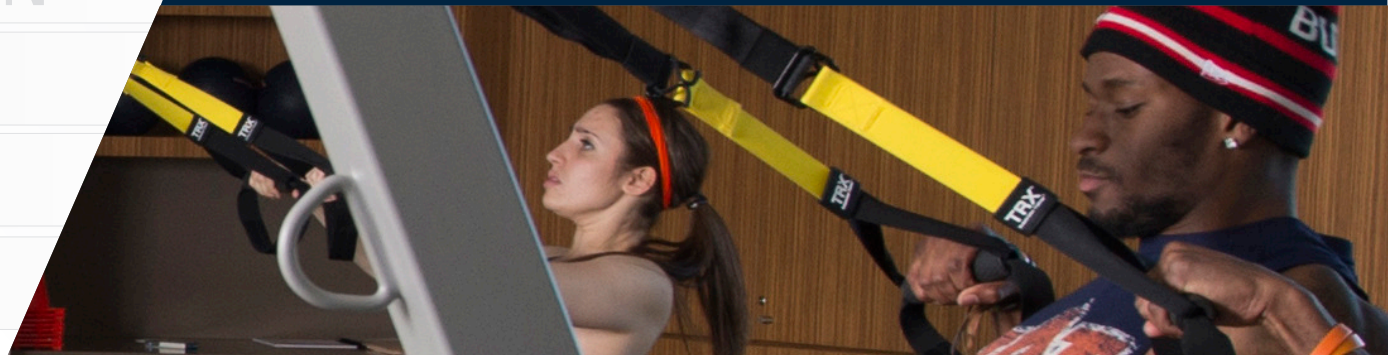
[www.campusrec.auburn.edu/pilates](http://www.campusrec.auburn.edu/pilates)

ADVANCEMENT  
PROGRESSION  
COUCH-TO-5K  
RIP TRAINER  
STRENGTH  
CIRCUITS  
FUSION  
GOLF  
VIPR  
TRX

## small group

Small Group Training offers specialized, private attention from certified personal trainers, while working in a goal-oriented group of four to eight participants. Five to ten weeks in length, programs challenge and advance a specific fitness skill or goal.

Small Group Training is a great option for those who want an effective, high-quality workout that focuses on skill development, motivation, and enhanced fitness at an affordable cost.





# class formats

## Circuits & Faculty/Staff Circuits

Challenge and condition your body by combining cardio, strength, and agility exercises in this exciting circuit class.

## Couch-to-5K

Are you new to running, but would like to run a 5K? Couch-to-5K incorporates cardiovascular and strength training for you to run 3.1 miles in just ten weeks!

## Kettlebell / MiPR® Fusion

This unique fusion class combines two popular fitness trends to challenge core strength and power.

## Learn, Train, Fuse

Try a new exercise modality each week. This class will orient you to the equipment at the Recreation and Wellness Center and improve your form and technique.

## MYZONE® Burn

Use the MYZONE heart rate monitor to boost your

motivation and receive instant and ongoing feedback. Your coach will design cardio and strength intervals, optimizing increased metabolic rate and energy expenditure during your workout.

## Pilates® Glide

Pilates Glide takes Pilates mat to the next level. Glide into Pilates mat-, Reformer-, and Cadillac-inspired exercises on the Total Gym system.

## Strength Training for Women

Improve your overall strength by learning to properly perform a squat, deadlift, and bench press in this ten-week session.

## TRX® Intervals

Alternate intervals of high intensity cardio exercises with muscular and core strengthening exercises on the TRX Suspension Training system .

TOWEL SERVICE  
LOCKER RENTAL  
LOST & FOUND  
MEMBERSHIPS  
GUEST PASSES  
DAILY TOURS  
EQUIPMENT  
HELP DESK  
SERVICE  
SMILES

# member benefits

The Recreation and Wellness Center provides students, faculty, and staff with the tools to help achieve a healthier lifestyle. Along with traditional fitness equipment and weights, the center provides its members with innovative group fitness classes, nutritional support, personal training, intramural and club sports, a 200,000-gallon resort-style pool and hot tub, outdoor recreation opportunities, and more.



## Standard Lockers

\$20 semester / \$50 annually

Available in half-sizes only, lockers are equipped with their own lock. Lockers are available to students and members only.

## Day-Use Lockers

Free of charge

Lockers are placed strategically throughout the facility and are available to students and members at no additional charge.

# our rates

SILVER MEMBERSHIP	RATE
Full-Time Employees	\$25 mo
9-Month Employees	\$30 mo

GOLD MEMBERSHIP	RATE
Full-Time Employees	\$39 mo
9-Month Employees	\$47 mo

Includes annual Group Fitness Class Pass and valet towel service.

Members may purchase guest passes using Visa, Mastercard, or Discover during regular business hours. Passes may be purchased for \$10 per guest.





## Campus Recreation and the Recreation and Wellness Center

601 Heisman Drive, Auburn, Alabama 36849

Phone: 334.844.0023 (Campus Recreation Administration)

Phone: 334.844.0020 (Recreation and Wellness Center)

Email: [campusrec@auburn.edu](mailto:campusrec@auburn.edu)

Web: [www.campusrec.auburn.edu](http://www.campusrec.auburn.edu)

App: Auburn Campus Rec in App Store and Google Play

Rates, programming, and hours are subject to change.



AUBURN

CAMPUS RECREATION