

THE REC

"Where Recreation, Exercise, and Community happens at NOBTS."

Weekly Programs

GetFit**

The class combines intervals of cardio drills along with strength training to help improve endurance, cardiovascular fitness and muscular strength. Monday, Tuesday, and Thursday at 6-7 am and 6-7 pm

Cardio Craze (NEW!)

Tuesday and Thursday at 7:00PM
Cardio Craze is a totally body workout designed to get your heart rate up along with offering a variety of exercises for toning muscles. This class along with energizing music will keep you moving and smiling as you burn calories!

Baby REC (NEW!)

Once a week parent's can bring their infants to the REC for exercise, games, fellowship, and more!
10 months-3T!
Tuesdays 9 am-12 pm or Thursdays 2-5 pm

Other Weekly Programs:

Monday:

Ladies Power Hour 530-630 pm
Monday Night Volleyball 8-10 pm

Tuesday:

Pray n Play Basketball 8-10 pm

Thursday:

Ladies Power Hour 530-630 pm
Pray n Play Basketball 8-10 pm

Friday:

Ultimate Frisbee @ Sunshine Park 6-7 pm
Indoor Soccer 8-10 pm

Saturday:

Self Defense** 11 am-12 pm

Gym Hours

Early Bird Workout
Mon-Fri
(5:30-7:30 am)

Regular Hours

Mon, Fri, Sat
(12-10 pm)
Tue, Thurs
(12-11 pm)
Wed (12-5 pm)

Pool Hours

(Open till 9/6)
Adult Lap Swim
M-F (5:30-7:30 am)

Open Swim

Mon, Thurs, & Fri
(1-10pm)
Tues & Sat (1-8pm)

Semester Events

The REC Cookout

FREE Dinner and Information about all things the REC for the 2015 Fall semester! In Sunshine Park at the pavilion, Thursday, September 3rd at 5:30-6:00.

Intramurals

Flag Football
Season- September 14th—October 16th
Game Times- Tues. and Thurs. from 5-6 and 6-7
Playoffs- October 26th—30th
Signups- IM Leagues: imleagues.com
- School code: NO Baptist Theological Seminary
Last Day to Signup- September 8th
Price- \$2/person or \$20/team
If interested in being a team captain, email us at recreation@nobts.edu.

Adventure REC (NEW!)

September 12th- Slidell Rocks
-Meet at Slidell Rocks at 10 am
-Max required cost: \$15.50 per person
October 10th- Amazing Race in City Park
- 9 am—noon, FREE
-Meet at Morning Call in City Park.
November 14th- Day Hike @ Jean Lafitte National Historic Park and Preserve
-9 am (Meet at HSC)
-FREE
-Bring a sack lunch

Parents Night Out

Enjoy a night out on the town with and your spouse! Drop your kids off at the REC for fun and games and have a great date night! \$5 a kid, \$20 max a family.
Friday, October 30th from 6-10 pm



Find all these events and more at the The REC @ NOBTS!

NOBTS The REC
 @NOBTSTheREC
 @NOBTSTheREC

Email us: Recreation@nobts.edu

What else The REC offers!

Games and Lounge

Ping Pong, foosball, air hockey, TV's and more!

Weight Room

Treadmills, free weights, and more!

**** For more information on fee-based classes, contact The REC x8594**