

# The REC

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

## **Ultimate Frisbee (Matt J.)**

Thursdays at 7:00PM in the REC.

## **GetFit (MATT H.)**

CrossFit- Monday, Tuesday, and Thursday at 6-7 pm

## **C25k Running Club (Heather)**

Starts Mon, Jan 25  
Mornings: M,W,F 6-7 am  
Evenings: M, T, TR 530-630 pm  
Price based on 5K

## **Biggest Loser (SETH/MATT H.)**

Starts Mon, Jan 25 at 7 pm in REC  
Program is 1/25-4/25 on select Mons  
\$10 pp, \$40 fam MAX, teams up to 4

## **Baby REC (LAURA)**

Tuesday and Thursday from 9am-12 pm.  
10 months-3T!

## **Adventure REC (SETH)**

Sector 6- 2/20 9 am, HSC, \$13 for 1 hr  
Hike Fountainebleau- 3/12 9 am, \$2 pp  
Disc Golf @ City Park- 4/2 9 am, FREE  
Hike Tickfaw SP- 4/30 9 am, FREE

## **Intramurals (JOE)**

Basketball  
Feb 2-March 10  
Tues and Thurs 7-10 pm  
IM Leagues: [imleagues.com](http://imleagues.com)  
For more information email us at  
[recreation@nobts.edu](mailto:recreation@nobts.edu).  
\*\*See sheet on info table

## **Other Weekly Programs:**

### **Monday:**

PE 10am-Noon, 1-3 pm  
(Adam and Laura)  
Ladies Power Hour 530-630 pm  
(Mrs. Harsch)  
Self Defense 530-630 pm  
(Jennings Riley)  
Volleyball 8-10 pm. (Heather)

### **Tuesday:**

CYC 630-8 pm (Clayton)  
Pray n Play Basketball 8-10 pm  
(Adam)

### **Thursday:**

Ladies Power Hour 530-630  
Pray n Play Basketball 8-10 pm  
(Adam/Clayton)

### **Friday:**

PE 1-3 pm  
Indoor Soccer 8-10 pm

### **Saturday:**

Self Defense 11 am-Noon

Staff contact list is to the left of the front desk, under emergency contacts. If you a question that you or no one else can answer, but Brad, give them a business card and tell them to contact him. Remember, "Be intentional and knowledgeable about the REC."

## **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**

**(Summer ONLY)**

**Adult Lap Swim**  
M-F (5:30-7:30 am)

### **Open Swim**

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

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For more information on these programs and more, go to  
<http://www.nobts.edu/student-life/the-rec.html> and check us out on social media!

Email us: [Recreation@nobts.edu](mailto:Recreation@nobts.edu)