

# UNIVERSITY RECREATION AND WELLNESS

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Being physically active as a college student is a crucial component of success in and out of the classroom. Activity helps students manage stress, boosts their immune system against illness, aids sleep, improves mood, increases energy and provides a social connection to other students. Perhaps most importantly, movement primes the brain for learning and makes it easier to focus when studying.

University Recreation & Wellness (RecWell) encourages Terps to make the most of their college experience by incorporating movement and activity into their daily lives. There are many opportunities for students to find an activity they enjoy through RecWell.

## Facilities & Membership

Membership with RecWell and access to all its facilities, programs and services are included in the student fee. Students simply need their university ID to enter recreation facilities on campus. Facilities include: the Eppley Recreation Center (ERC), Ritchie Coliseum, Reckord Armory Gym, the fitness studios in Regents Drive Garage, and multiple outdoor playing fields.

The ERC is the largest recreation facility on campus and offers a cardio fitness center, weight rooms, matted room, indoor track, and functional training studios as well as courts for basketball, racquetball, wallyball, and squash. The ERC also features indoor and outdoor pools for lap swimming and diving, a sauna, and steam room. When school is in session, the ERC is open 6 a.m.–midnight on weekdays, 8 a.m.–10 p.m. on Saturdays, and 10 a.m.–midnight on Sundays\* for students to enjoy their favorite activity on their own schedule. Weight rooms, cardio fitness centers, and functional training spaces are also located in Ritchie Coliseum.

## Group Fitness Classes & Personal Training

For students motivated by a structured workout in a high-energy group setting, RecWell offers over 100 group fitness classes each week, including yoga, Zumba®, BODYPUMP™, cycling, BODYCOMBAT™, and H.I.I.T. (high intensity interval training). Classes are no additional charge but require a reservation to recreate. Students may also take advantage of working with a certified personal trainer to meet their individual fitness goals at a discounted rate.

## Intramural & Club Sports

Students who enjoy playing sports have many opportunities to do so through RecWell's club and intramural sports programs. These programs are open to everyone and you don't have to consider yourself an athlete to play. Many club sports do compete regionally and nationally against other schools, but they are also a great way to learn a new sport or simply enjoy the comradery that comes from playing for fun. There are 40+ student-led club sports, including ballroom dance, lacrosse, black belt, equestrian, sailing, figure skating, paintball, and soccer. Students can also participate in intramural sports that are open to all members of the

university community. Participants select their own level of competition and play in either men's, women's or coed leagues over the course of a weekend, a week or a tournament lasting several weeks. Intramural sports include basketball, flag football, softball, soccer, racquetball, table tennis and more.

## Adventure Program

For students who prefer to be active outdoors, RecWell's adventure program offers outdoor adventure trips, clinics, and social bike rides throughout the year. Students can take a day or weekend trip to go backpacking, caving, mountain biking, kayaking, rock climbing, or other various outdoor activities. Students may also use the adventure program resource library and rent gear to pursue their own outdoor adventure. The climbing wall and challenge course are located at the ERC, where students can challenge themselves physically and mentally to increase interpersonal skills and self-confidence. Maryland also has a vibrant cycling community. The RecWell Bike Shop in Jones Hill House offers free repairs and maintenance and will teach students how to repair their own bikes.

## University of Maryland Golf Course

Whether you're an avid golfer or just getting started, you are welcome at the University of Maryland Golf Course. RecWell maintains a full-service, year-round, 18-hole, par 71 golf course, driving range and putting greens just across University Boulevard from The Clarice. The University of Maryland Golf Course offers discounted student memberships and playing rates, as well as golf lessons, clinics, tournaments, and competitions.

RecWell also offers community programs open to students including swimming lessons, water safety instructor and lifeguard training, and tennis instruction.

\*please note hours of operation and program offerings may be limited or altered due to COVID-19 restrictions