Spring Informal Recreation Schedule
http://campusrec.iupui.edu

The following is the Spring 2016 Campus Recreation schedule for informal and recreational use by all IUPUI students, faculty, and staff that have paid the recreation fee. Recreation fees may be paid during registration for Spring IUPUI academic classes or at the IU Natatorium Front Desk (pool deck level, PE/NT building). Their hours are: Monday-Thursday, 5:30am - 8:00pm; Friday, 5:30 am – 7:00 pm & Saturday, 11:00am - 2:00pm. *You must carry your valid IUPUI ID/Jag Tag in this facility at all times for entrance and access to all of the facilities.

Office:  PE 043.  Phone: (317) 274-2824

RECREATION SEMESTER MEMBERSHIP FEE
(Paid when registering for IUPUI academic classes or at the Natatorium front desk.)
No refunds for the recreation fee or locker fee will be given after February 8
No exceptions.

- IUPUI Student $15.00 Valid thru May 6
- IUPUI Faculty/Staff $83.00 Valid thru May 6
- IU Health Staff $84.00 Valid thru May 6

Open gym, all group fitness classes, swimming, all fitness and weight rooms in the PETM facility are included in membership at no additional cost.

In an effort to promote lifelong wellness and support academic success, IUPUI and Campus Recreation have partnered with NIFS to provide discounted fitness opportunities to NIFS for all full- and part-time IUPUI students. For more information about NIFS fee visit our website under “Memberships.”

FITNESS CLASSES
All classes are included in membership at no additional cost.

CAMPUS HOUSING, FITNESS, PROGRAMS
(These programs are for Campus Housing Residents only)
ZUMBA 5:00 - 6:00 pm Tuesday  (Ball Hall)
TURBO KICK 6:00 - 7:00 pm Wednesday  (Riverwalk Apts)

5K TRAINING & AB BLAST
Two part class that involves training for a 5k or just recreational running, followed by a 20 minute ab workout composed of 3 different circuits that will strengthen and tone your abdominals. It is located at the main doors of the Nat!
3:00 pm - 4:00 pm • Mondays & Wednesdays  (Nat Concourse)

AQUA FITNESS
Newest dance fitness craze combining basic hip-hop, jazz, style of back-up dancers to get you moving and help you break a sweat while feeling like a back-up dancer on tour!
8:00 am - 9:00 am • Monday & Wednesday  (Natatorium Pool)

BOLLYWOOD
Bollywood dancing is an exotic and exciting way of getting your body fit and healthy through Indian exercise.
6:00 pm - 7:00 pm • Tuesdays  (Dance Studio PE 155)
6:00 pm - 7:00 pm • Thursdays  (Campus Center 031)

CHINESE MARTIAL ARTS
Chinese martial arts or “Wushu” training improves physical ability, health, and willpower; it gives an individual an excellent method of exercise, a personal art form,
6:00 pm - 7:00 pm • Mondays  (Dance Studio PE 155)
7:00 pm - 7:50 pm • Thursdays  (Campus Center 031)

GROUP EXERCISE (Group Ex)
Fast paced workout for a cardio workout!
8:00 am - 9:00 am • Monday & Wednesday  (Dance Studio PE 155)

TURBO KICK & KICK BOXING
Fast paced kick boxing workout mixed with hip hop moves for a cardio workout!
6:00 pm - 7:00 pm • Mondays  Turbo Kick  (Dance Studio PE 155)
5:00 pm - 5:50 pm • Fridays  Kick Boxing  (Dance Studio PE 155)

YOGA
All Yoga classes are included in membership at no additional cost.
12:05 pm - 12:50 pm • Monday & Wednesday  (Campus Center 031)
12:05 pm - 12:50 pm • Tuesday & Thursday  (Campus Center 031)

ZUMBA+
All classes are included in membership at no additional cost.
12:00 pm - 12:50 pm • Monday & Wednesday  (Dance Studio PE 155)
5:00 pm - 5:50 pm • Monday & Wednesday  (Dance Studio PE 155)

ZUMBA TONING
The challenges of adding resistance by using Zumba® Toning Sticks (or light weights), helps you focus on specific muscle groups, so you (and your muscles) stay engaged!
8:00 am - 9:00 am • Tuesday & Thursday  (Dance Studio PE 155)

SPRING 2016 INTRAMURALS

5v5 Basketball League • Entry Deadline January 27th
Indoor Volleyball League • Entry Deadline February 17th
Sand Volleyball League • Entry Deadline March 23rd
Ultimate Frisbee • Entry Deadline March 23rd
Soccer Tournament • Entry Deadline March 23rd
Kickball Tournament • Entry Deadline March 23rd
Spike Ball Tournament • Entry Deadline April 6th
3on3 Jagapalooza Basketball Tournament • Entry Deadline April 18th

Register Intramural Team Online at  http://www.imleagues.com/iupui

Fitness Tweet:  @IUPUI_campusrec

TURNOFF & TURNOFF TONING
NFR training in the Petrovich facility for University apartments.

CAMPUS RECREATION STUDENT WEIGHT ROOM & CONDITIONING ROOM
 WEIGHT ROOM (PE 014)  CONDITIONING ROOM (PE 015)
Monday-Friday  3:00 pm – 11:00 pm  3:00 pm – 11:00 pm
Saturday-Sunday  2:00 pm – 10:00 pm  2:00 pm – 10:00 pm

OPEN GYM
Available for use on an informal basis when intramural league play and athletic events are not scheduled. Subject to change. Check out monthly online calendar for notices & closures.
(Main Gym, PE 150)
Monday-Friday  8:00 pm – 11:00 pm
Saturday-Sunday  2:00 pm – 10:00 pm

CAMPUS REC. OUTDOOR FACILITIES (CROF)
Campus Rec Outdoor Facility at Lockefield Green • Softball Fields • South Quad Fields
CROF Sand Volleyball and Outdoor Basketball Courts Hours:
Monday-Sunday  8:30 am – 10:00 pm
Available for informal use when intramural league events are not scheduled.
Outdoor facilities available as weather permits. To reserved any of the Campus Recreation outdoor spaces, please call 274-2824.

CAMPUS RECREATION STUDENT WEIGHT ROOM & CONDITIONING ROOM

WEIGHT ROOM

Monday-Friday  3:00 pm – 11:00 pm
Saturday-Sunday  2:00 pm – 10:00 pm

CONDITIONING ROOM

Monday-Friday  3:00 pm – 11:00 pm
Saturday-Sunday  2:00 pm – 10:00 pm

SPRING INFORMAL MOTION

OCCASIONAL PROGRAMS

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Sign-up for Intramurals & Fitness Classes:
www.imleagues.com/iupui

PHYSICAL EDUCATION (HPER) LOCKER ROOMS / NORTH LOCKER ROOMS
(MENS PE 053 • WOMENS PE 054)
$19.00 Locker Fee Rental. Payment can be made at the IU Natatorium Pro Shop during the semester (or) online when registering for IUPUI academic classes. Claim ticket from Nat. Pro Shop & take to Campus Recreation Office (PE043) for locker assignment and combination.

HALLWAY ENTRANCE/EXIT:
Monday - Friday  5:30 am – 9:00 pm
Saturday & Sunday  2:00 pm – 8:00 pm

For further information about the locker policy and individual responsibilities of the user. Please go to the Campus Recreation website for the LOCKER/TOWEL POLICY.

IU NATATORIUM-RECREATIONAL SWIMMING
(LAP SWIM • NAT FRONT DESK 274-3518)
All swimming is included in membership at no additional cost.

PRO SHOP
Monday- Thursday  5:30 am – 8:00 pm
Friday  5:30 am – 7:00 pm
Saturday  11:00 am – 2:00 pm
Sunday CLOSED

POOL HOURS
Due to Natatorium Renovations, please see the Natatorium website for Lap Swim hours. www.iunat.iupui.edu

Closing schedule published monthly.

NATIONAL INSTITUTE FOR FITNESS AND SPORT
Through IUPUI’s partnership with the National Institute for Fitness and Sport, NIFS offers discounted NIFS membership for fitness opportunities to all IUPUI students. For more information, go to NIFS website: www.nifs.org

Fitness Center Hours:
Monday - Thursday:  5:15 am - 10:00 pm
Friday:  5:15 am - 9:00 pm
Saturday & Sunday:  7:00 am - 7:00 pm

IMPORTANT DATES
(LOOK FOR POSTED MONTHLY CALENDARS FOR UPCOMING EVENTS & CLOSINGS.)

Spring Campus Recreation Schedule Begins
January 11th

Campus Rec. Open House / Free Access
January 11th - January 22nd

Martin Luther King Jr. Day
January 18th --- CLOSED

Spring Break
March 12th - March 20th --- CLOSED

Last Day of Informal Open Gym
May 6th

Spring Locker Clean-Out Deadline/Last day for Spring Campus Rec:
March 6th

Summer 2016 Campus Recreation Schedule Begins
May 18th

NO REFUNDS for the Recreation Fee or Locker Fee will be given after September 5
NO EXCEPTIONS.

The above schedule is SUBJECT TO CHANGE according to changes in the physical education academic schedule, the general recreation schedule and the athletic schedule. Changes will be posted as much in advance as possible.