

# Informal Recreation Spring 2017 Schedule

The following is the Spring 2017 Campus Recreation schedule for informal and recreational use by all IUPUI students, faculty, and staff that have paid the recreation fee.

## How to pay a recreation fee:

- Paid during registration for Spring IUPUI academic classes.
- Add to your Bursar account at the Campus Recreation Office anytime during the semester.
- All cash/credit card at the IU Natatorium Pro Shop (pool deck level, PE/NT building).

## Pro Shop hours are:

- Monday-Thursday, 5:30 am - 8:00 pm
- Friday, 5:30 am – 7:00 pm
- Saturday, 8:00 am - 11:00 am.

## Campus Recreation Office: (PE 043; Phone: 317-274-2824)

- Monday-Friday, 8:30 am - 5:00 pm
- Weekends, 2:00 pm - 5:00 pm

**\*You must carry your valid IUPUI ID/Jag Tag in this facility at all times for entrance and access to all of the facilities.**

## RECREATION SEMESTER MEMBERSHIP FEE

(add to your Bursar account at the Campus Recreation Office or cash/credit card at the IU Natatorium Pro Shop)

NO REFUNDS for the Recreation Fee or Locker Fee will be given after February 8. NO EXCEPTIONS.

IUPUI Student	\$15.00	Valid thru May 5
IUPUI Faculty/Staff	\$83.00	Valid thru May 5
IU Health Staff	\$84.00	Valid thru May 5

Open gym, all group fitness classes, swimming, the new [Department of Kinesiology Strength and Conditioning Lab PE061](#) in the PETM facility are all included in membership at no additional cost.

The Department of Kinesiology, with its continued commitment on promoting a physically active lifestyle, is proud to announce it is making available their academic space known as the *Kinesiology Strength and Conditioning Lab (PE 061)* to Campus Recreation for their student-centered programming efforts.

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.”

## INTRAMURALS SPRING 2017

Intramural Sign-Ups & Register Intramural Team Online at: [www.imleagues.com/iupui](http://www.imleagues.com/iupui)

5v5 Basketball League	•	Entry Deadline	January 25 <sup>th</sup>	
Indoor Volleyball	•	Entry Deadline	February 8 <sup>th</sup>	
Sand Volleyball	•	Entry Deadline	March 22 <sup>nd</sup>	
<a href="#">Knockerball / Bubbleball</a>	•	<a href="#">Entry Deadline</a>	March 22 <sup>nd</sup>	<b>*NEW*</b>
Soccer League	•	Entry Deadline	March 22 <sup>nd</sup>	
Ultimate Frisbee	•	Entry Deadline	March 22 <sup>nd</sup>	
Dodgeball	•	Entry Deadline	March 22 <sup>nd</sup>	

Sign-up for Intramurals & Fitness Classes, go to: [www.imleagues.com/iupui](http://www.imleagues.com/iupui)



## INFORMAL RECREATION SPRING 2017

### OPEN GYM

(BASKETBALL & VOLLEYBALL)

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

### DEPARTMENT OF KINESIOLOGY STRENGTH AND CONDITIONING LAB (PE061) \*NEW\*

Lifting platforms, power racks, plate loaded strength, selectorized strength, and body weight machines, resistance bands

- Monday- Friday • 4:00 pm – 11:00 pm
- Saturday-Sunday • 2:00 pm – 10:00 pm

**Note: room capacity for Campus Recreation hours does not exceed 28 participants at any one time**

**Note: no cardiovascular equipment (no treadmills, no ellipticals)**

### CAMPUS REC. OUTDOOR FACILITIES (CROF)

Softball Fields, South Quad Fields and Campus Rec Outdoor Facility at Lockefield Green

#### CROF Sand Volleyball and Outdoor Basketball Courts Hours:

- Monday- Sunday • 8:30 am – 10:00 pm

**The National Award winning outdoor recreational facility** is available for informal use when intramural league events are not scheduled. Outdoor facilities available as weather permits.



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

(ZUMBA, YOGA, TABATA TRAINING, TOTAL BODY WORKOUT, TURBO KICK, Indoor Cycling Training)

12:00 pm - 12:50 pm	•	Monday	•	Yoga	Campus Center 031
4:30 pm - 5:00 pm	•	Monday	•	Tabata Training	Campus Center 031
6:00 pm - 7:00 pm	•	Monday	•	Turbo Kick	Campus Center 031
12:00 pm - 12:50 pm	•	Tuesday	•	Zumba	Campus Center 031
5:00 pm - 6:00pm	•	Tuesday	•	Indoor Cycling Training	Campus Center 240
6:00 pm - 7:00 pm	•	Tuesday	•	Pilates	Campus Center 031
6:00 pm - 7:00 pm	•	Tuesday	•	Turbo Kick	Dance Studio PE 155
12:00 pm - 12:50 pm	•	Wednesday	•	Yoga	Campus Center 031
4:30 pm - 5:00 pm	•	Wednesday	•	Bosu Training	Campus Center 031
5:00 pm - 6:00pm	•	Wednesday	•	Indoor Cycling Training	Campus Center 240
6:00 pm - 7:00 pm	•	Wednesday	•	Turbo Kick	Campus Center 031
12:00 pm - 12:50 pm	•	Thursdays	•	Zumba	Campus Center 031
5:00 pm - 6:00pm	•	Thursdays	•	Indoor Cycling Training	Campus Center 240
6:00 pm - 7:00 pm	•	Thursday	•	Turbo Kick	Campus Center 031
12:00 pm - 12:50 pm	•	Friday	•	Yoga	Campus Center 031
5:00 pm - 6:00 pm	•	Fridays	•	Turbo Kick	Dance Studio PE 155

Get up-to-date lists of Campus Recreation fitness classes at:



### BOSU TRAINING (30 minute workout)

Have you used the Bosu Ball in your training routines? Using the BOSU ball, your body is forced to recruit numerous core and stabilizing muscles in order to balance. This allows them to develop their core muscles and improve strength and balance like no other exercise.

4:30 pm - 5:00 pm • Wednesdays (Campus Center 031)

### INDOOR CYCLING TRAINING \*NEW\* !

"Coach by Color" Indoor Cycling Training is a high energy class with great music. This class consists of riding a varied mixture of flats, hills & sprints while burning calories all the way!

5:00 pm - 5:50 pm • Tuesdays (Campus Center 240)

5:00 pm - 5:50 pm • Wednesdays (Campus Center 240)

5:00 pm - 5:50 pm • Thursdays (Campus Center 240)

## **PILATES**

Pilates is a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements. Pilates emphasizes use of the abdominals, lower back, hips and thighs designed to improve physical strength, flexibility, and posture, and enhance mental awareness.

- Tuesdays
- 6:00 pm - 7:00 pm (Campus Center 031)

## **TABATA TRAINING (30 minute workout)**

High-intensity interval training (HIIT). It consists of eight rounds of ultra-high-intensity exercises in a specific 20-seconds-on, 10-seconds-off intervals

- Mondays
- 4:30 pm - 5:00 pm (Campus Center 031)

## **TURBO KICK**

Fast paced kick boxing workout mixed with hip hop moves for a cardio workout!

- Mondays
- 6:00 pm - 7:00 pm (Campus Center 031)
- Tuesdays
- 6:00 pm - 7:00 pm (Dance Studio PE 155)
- Wednesdays
- 6:00 pm - 7:00 pm (Campus Center 031)
- Fridays
- 5:00 pm - 5:50 pm (Campus Center 031)

## **YOGA**

All Yoga classes are included in membership at no additional cost.

- Monday
- 12:05 pm - 12:50 pm (Campus Center 031)
- Wednesday
- 12:05 pm - 12:50 pm (Campus Center 031)
- Fridays
- 12:05 pm - 12:50 pm (Campus Center 031)

## **ZUMBA®**

All classes are included in membership at no additional cost.

- Tuesdays
- 12:00 pm - 12:50 pm (Campus Center 031)
- Thursday
- 12:00 pm - 12:50 pm (Campus Center 031)

## **DEPARTMENT OF KINESIOLOGY STRENGTH AND CONDITIONING LAB (PE061) \*NEW\***

Lifting platforms, power racks, plate loaded strength, selectorized strength, and body weight machines, resistance bands

- Monday- Friday
- 4:00 pm – 11:00 pm
- Saturday-Sunday
- 2:00 pm – 10:00 pm

**Note: room capacity for Campus Recreation hours does not exceed 28 participants at any one time**

**Note: no cardiovascular equipment (no treadmills, no ellipticals)**

### **IMPORTANT DATES**

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

Spring Campus Recreation Schedule Begins

January 9<sup>th</sup>

Campus Rec. Open House / Free Access

January 9<sup>th</sup> - January 13<sup>th</sup>

Martin Luther King Jr. Day

January 16<sup>th</sup> ----- CLOSED

Spring Break

March 13<sup>th</sup> - March 19<sup>th</sup> ----- CLOSED

Last Day of Informal Recreation:

Friday, May 5<sup>th</sup>

Summer 2017 Campus Recreation Schedule Begins

May 11<sup>th</sup>

NO REFUNDS for the Recreation Fee or Locker Fee will be given after February 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.



## **PHYSICAL EDUCATION (HPER) LOCKER ROOMS / NORTH LOCKER ROOMS**

(MENS PE 053 • WOMENS PE 054)

\$19.00 Locker Fee Rental. Payment can be added to your Bursar account at the Campus Recreation Office. All cash/credit card payments at the IU Natatorium Pro Shop (pool deck level, PE/NT building) Claim your locker at the 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 8:00 am – 11:00 am
- Sunday CLOSED

### **POOL HOURS**

- Please see the Natatorium website for Lap Swim hours. [www.iunat.iupui.edu](http://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](http://www.nifs.org)

Get up-to-date lists of Campus Recreation, fitness classes and daily hours of operation on our website <http://campusrec.iupui.edu> or using:



Fitness Tweet: [@IUPUI\\_campusrec](https://twitter.com/IUPUI_campusrec)



Intramural Tweet: [@IUPUI\\_IMs](https://twitter.com/IUPUI_IMs)



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