The rec center is a student fee-supported facility; there is a charge for non-students. Students and patrons may bring a guest during lunch time (11 a.m. - 1 p.m.) for $2. At all other times, day passes for non-students are $5.

<table>
<thead>
<tr>
<th>HOURS</th>
<th>Fall/Spring Semester</th>
<th>Summer Sessions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon-Thurs.</td>
<td>6 a.m. – 11 p.m.</td>
<td>8 a.m. – 9 p.m.</td>
</tr>
<tr>
<td>Friday</td>
<td>7 a.m. – 10 p.m.</td>
<td>8 a.m. – 5 p.m.</td>
</tr>
<tr>
<td>Saturday</td>
<td>11 a.m. – 9 p.m.</td>
<td>Closed</td>
</tr>
<tr>
<td>Sunday</td>
<td>11 a.m. – 9 p.m.</td>
<td>Closed</td>
</tr>
</tbody>
</table>

Breaks (check website: clarion.edu/reccenter or call 814-393-1667)

**GENERAL RULES**
- All members must present their ID to gain access to the Student Recreation Center.
- No drinks are permitted with the exception of water bottles.
- No one is permitted to enter the facility under the influence of drugs or alcohol.
- No tobacco products.
- Appropriate attire is required, including a shirt and non-marking shoes. No jeans or flip-flops are allowed in the weight room.
- The Recreation Center is not responsible for lost or stolen items. Valuables can be secured in lockers.
- All facility users participate and use equipment at their own risk.

**RENTING OR SCHEDULING THE FACILITY**
- Outside groups can rent a gym court, climbing wall or meeting room. A rental form is available by contacting the office of Conference and Event Services at 814-393-2705.
- RSOs can submit a space request for any space. Space requests are available at www.clarion.edu/1121.

Clarion University Rec Center is on Facebook.
JOIN US at the Student Recreation Center and enjoy the benefits. Members improve their quality of life by exercising their mental and physical well being. Exercise is proven to lower stress, blood pressure and cholesterol levels while increasing energy.

The Clarion University Student Recreation Center is a 48,000 square foot state-of-the-art facility. It has three full size multi-purpose courts primarily used for basketball, volleyball and tennis. Also, there is a four-lane oversize running track, two fitness areas (cardio upstairs; weight room downstairs), an aerobics room, a meeting/game room a full locker room with showers, and vending area. An indoor pool is coming soon. Students enter the building by swiping a valid ID.

Group Fitness Programs
Fitness classes are available every semester, mornings, afternoons and evenings, depending on availability of student instructors. One group fitness class is held at noon every day Monday through Friday. Instructors provide fun and flexible programs for all abilities. All of the equipment you will need is provided. We are always looking to hire student aerobics instructors to teach. Personal trainers may be available. Body fat analyzers are available.

Net Nights
Tennis, volleyball, soccer and hockey nets can be set up on the courts for net nights.

INTRAMURALS/CLUB SPORTS
Intramural activities and club sports are available to all students, ranging from basketball to wiffleball. All events have referees and championship T-shirts are awarded to winners. Go to www.clarion.edu/intramurals or www.clarion.edu/clubsports for schedules and results.

CARDIOVASCULAR EQUIPMENT
• Precor ellipticals with personal viewing screens
• Expresso bikes with personal viewing screens
• Cybex Arc trainers and Cycleplus
• Airdye, stationary, and recumbent bicycles

Track your workout including time, heart rate, calories, and distance. You also can enjoy watching TV or reading one of our many magazines.

OUTDOOR RECREATION EQUIPMENT
Cross-country skis, sleds, tents, games (such as corn hole, ladder ball and ring toss), backpacks, snowshoes, bikes and rollerblades are available for nominal rental fees. Walking maps are available. Additional equipment can be checked out.

CLIMBING WALL
The indoor climbing wall is a great way to burn calories and get an upper-body workout while having fun. The staff are belay certified and assist with climbing and equipment usage. The wall measures 25 feet tall by 36 feet wide with seven climbing stations (easy to hard).

NIRSA
Leaders in Collegiate Recreation