

# Intramurals, Fitness and Informal Recreation

## **Intramural/Recreation**

The intramural/recreation programs offer a variety of both competitive and non-competitive opportunities scheduled and supervised by the athletics department staff. The programs include pickleball, five-on-five basketball, volleyball, men's and women's flag football leagues and e-sport gaming club. Additionally, intramural/recreation programs include single-day events such as dodgeball and viewing parties for sports events. Interested participants should check for event registration deadlines. However, open competitive events may allow participants to sign up on the day of the event. Information on current events is available at the Wildcat Center front desk.

## **Fitness**

The Wildcat Center houses a 1,600-square-foot fitness center as well as a group fitness room. The fitness center features cardio equipment including treadmills, elliptical, stair-step machines and stationary bikes. The fitness center also has Cybex machines and free weights, weightlifting platform, and kettlebell weights are available.

A variety of fitness classes are held weekly in the group fitness room adjacent to the fitness center such as deep stretch yoga and vinyasa yoga. The Wildcat Center is also equipped with locker rooms and showers available for students, faculty and staff.

## **Informal Recreation**

The gym is open to students unless the facility is reserved for a game, team practice or other campus events. Members of the campus community can play pick-up basketball or volleyball, and participate in other recreational activities.

Sporting equipment such as basketballs, volleyballs, footballs, various exercise equipment, and video games can be checked out at the at the front desk in the Wildcat Center.