

# Recreation and Intramural

## Intramural Sports

Athletics supports a strong intramural and extramural program. Any student, faculty and staff member can participate in intramural programs. Sports are played in tournament and league style. Sports offered include

- basketball
- flag football
- soccer
- softball
- ultimate frisbee
- dodge ball
- volleyball
- camping
- rock climbing
- snorkeling
- Sun-n-Sport beach trips
- paintball
- ice skating
- ropes course

## Campus Fitness

The fitness center is located on the second floor of the Wildcat Center. The 3,000-square-foot facility is fully equipped with Nautilus machines, free weights and a cardio area. Wellness competitions that promote overall health and fitness are held during the school year. Personal fitness testing that assesses body composition and fitness level is available by appointment. A valid JWU ID, towel and proper athletic attire are required to use the gym. Hours of operation can be found posted in the fitness center.

The Studio, located in the Wildcat Center, is home to all campus fitness classes. Group exercise classes are offered throughout the week and are open to all students, faculty and staff with a valid JWU ID. All instructors are accredited and hold current certifications. Any equipment that is needed to participate in the classes is provided; participants are required to bring water and a towel. Class levels range from beginner to advanced. Please notify instructors of any pre-existing injuries that limit physical activity. Schedule of classes changes each term; please consult the Athletics website for current class information.

### Group Fitness Classes

- kickboxing
- body sculpting
- Pilates
- yoga
- dance fitness
- HIIT classes
- Zumba

## Recreation Facilities

### Arch Creek Field

Arch Creek Field is a two-acre multipurpose facility that was opened in 2009. Arch Creek is used for multiple intramural and recreation events, as well as select Student Involvement & Leadership events. The field is open from 8:30am–9 pm for free play. Students and staff must have their JWU ID present when using the facility.

### Wildcat Center

Opened in December 2011, the Wildcat Center is a 35,000-square-foot facility home to the fitness center, gymnasium with 800 seats, and offices for student life functions. The gymnasium includes open-court hours which are published within the Wildcat Center. For questions about using the athletic facilities in the Wildcat Center, please consult the Athletics website.

## Campus Recreation

It is Athletics' goal to educate the students, faculty and staff of the university about all recreational opportunities that southern Florida provides. Athletics strives to create an environment through outdoor activity that promotes skill development and positive group dynamics. Participants build new and lasting relationships while getting out for the day and having a great time changing their daily routine.

Campus Recreation sponsors outdoor recreation for a nominal fee for a variety of activities that include

- kayaking
- horseback riding
- deep-sea fishing