

CAMPUS RECREATION NON-MEMBER FITNESS PROGRAMS!

Campus Recreation offers many program options for non-members. Whether you are interested in strength training, Pilates, or Yoga, we offer options for UA faculty, staff, and affiliates who are not members of the Student Recreation Center. Sign up for one the programs below and pay for the program itself with no membership fees!



Non-Member Personal Training!

We offer a personal approach to physical and mental training. You will learn safe and effective routines that will improve your life, work, and/or sport. We want to empower you with the knowledge and skills you need to start or continue your fitness program on your own! View our Personal Training session information at <http://campusrec.arizona.edu>.

Non-Member Pilates Reformer Sessions!

The Pilates Reformer is an extraordinary flexible piece of equipment allowing resistance and support for exercises involving every part of the body. Use the Reformer to develop core and extremity strength, stability, flexibility, coordination, and balance. Dramatically transform the way your body looks, feels, and performs in these sessions! View our private Pilates Reformer session information at <http://campusrec.arizona.edu>.



Non-Member Private or Semi-Private Yoga or Pilates Mat Sessions!

A private or semi-private session is a powerful way to enhance your Yoga or Pilates practice. You can expect a personalized program including poses, exercises, and techniques to meet your specific needs. The certified instructor may provide additional information and manual adjustments to help you better develop your mind-body awareness. View our Private and Semi-Private session information at <http://campusrec.arizona.edu>.



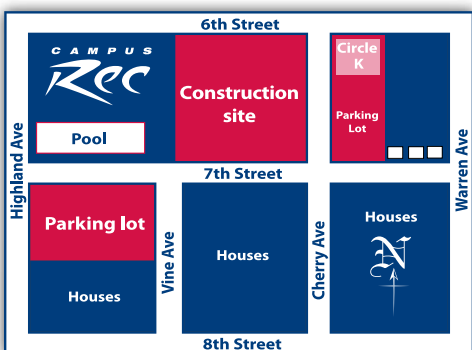
Non-Member Group Personal Training Class!

Group Personal Training is a 10-week program which provides participants the opportunity to work with a trainer in a small group. The group size is limited to 15 participants. A certified trainer will design workouts for the group and closely supervise your progress. A primary goal is to provide you with enough information and advice that you become comfortable and confident in any weight room environment. The program meets twice a week for 60 minutes each session.



Campus Recreation offers even more Non-Member Activities!

- Latin Dance classes
- Beginning Salsa Footwork & Styling
- Belly Dancing
- West Coast Swing
- Scottish Country Dancing
- Aikido classes
- Advanced Aikido classes
- Jiu-Jitsu classes
- Self Defense – Krav Maga
- Tai Chi classes
- Functional Fitness and Combative Conditioning classes
- Health and Safety classes such as CPR and Standard First Aid
- Water Safety Training including Lifeguard Training and Water Safety Instructor
- View our Activity Classes at <http://campusrec.arizona.edu>



Student Recreation Center
1400 E. Sixth Street
Tucson, AZ 85721

Contact Campus Recreation Today!

Fitness Programs	621-9577 or 621-8717
Activity Classes	621-8718
Business Office	621-3396
Information:	
Monday-Thursday	8:00-6:00pm
Fridays	8:00-5:00pm