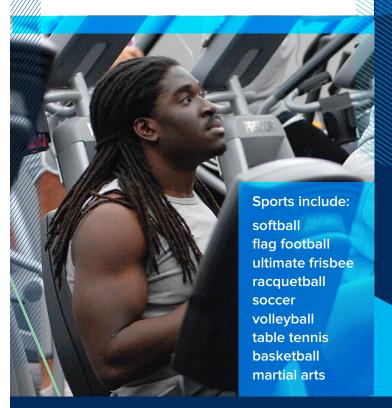
Intramurals & Club Sports

Our intramurals and club sports program gives students opportunities to enjoy participating in fun group and individual events that promote leadership and team-building skills.

To view the schedule or register, visit imleagues.com/memphis, call 901.678.2802, or email intramurals@memphis.edu.



Social Media

- **f** @uofmcampusrec
- **@uofmreccenter**
- @uofmcampusrec
- **@umreccenter**

For Student Recreation & Sports Complex hours, visit memphis.edu/campusrec

Contact Us:

620 Echles St.
Memphis, TN 38152
901.678.2801
campus-recreation@memphis.edu
memphis.edu/campusrec

Campus Recreation





Campus Recreation

Aquatics

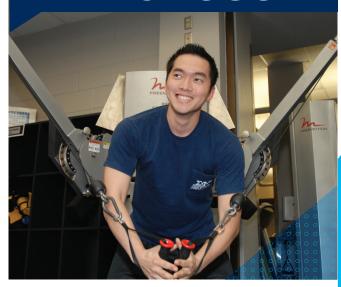


Our aquatics area is currently undergoing renovation and construction as we prepare to open a new Wellness Center in 2021. Our aquatics department offers recreational swimming and swim lessons (both individual and group). Plans for aquatics facility updates include renovating our indoor pool area into a natatorium and building a new outdoor leisure pool.

At Campus Recreation, we will help you find fitness activities that you love, to help you stay motivated and enjoy your wellness journey.

For more information about aquatics, call 901.678.3461 or email amchism1@memphis.edu.

Fitness



Work out with free weights, selectorized equipment or cardio equipment, including treadmills, elliptical machines, seated ellipticals and stationary bikes.

Group Fitness Classes

Group classes are a fun, effective way to get you moving and keep you motivated!
Knowledgeable instructors will guide and encourage you in a supportive environment in all our classes, including Cycle, Yoga, Zumba, Boot Camp and more!

Other Services

One-on-one Personal Training is available for a fee. If you prefer training with a friend, enroll in our Buddy Training or Tiger Fit programs.

For more information, call 901.678.1383.

Nutrition Services

We have a registered dietician on staff to assist students, employees and other Recreation Center members with their nutrition questions. We offer free oneon-one nutrition counseling to students. Our other nutrition services include free healthy cooking demonstrations, nutrition workshops and a smoothie bar.

For more information, call Deidra Nelson at 901.678.2816 or email ddnlson2@memphis.edu.

