

# 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](http://imleagues.com/memphis), call 901.678.2802, or email [intramurals@memphis.edu](mailto:intramurals@memphis.edu).



Sports include:  
softball  
flag football  
ultimate frisbee  
racquetball  
soccer  
volleyball  
table tennis  
basketball  
martial arts

## Social Media

-  @uofmcampusrec
-  @uofmreccenter
-  @uofmcampusrec
-  @umreccenter

For Student Recreation & Sports Complex hours, visit [memphis.edu/campusrec](http://memphis.edu/campusrec)

### Contact Us:

620 Echles St.  
Memphis, TN 38152  
901.678.2801  
[campus-recreation@memphis.edu](mailto:campus-recreation@memphis.edu)  
[memphis.edu/campusrec](http://memphis.edu/campusrec)

## 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](mailto: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 one-on-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 [ddnlon2@memphis.edu](mailto:ddnlon2@memphis.edu).



Let us help you get started with a free fitness assessment that will give you the information you need to create a plan to reach your wellness goals!