

Recreation & Fitness



On-campus opportunities

Our 278,000-square-foot University Recreation Center (UREC) is incredible. jmu.edu/recreation

- Special features includes multiple climbing walls, seven racquetball courts, three multi-activity gyms, two indoor tracks, a 25,000-square-foot cardio theatre and fitness center, an indoor aquatics center, an adventure center, locker rooms, a wellness suite, an equipment center, two outdoor courtyards and six group exercise studios.
- In addition to gym and fitness spaces, UREC also features a dining facility, a meditation room, a dining facility, batting cages, massage studios, as well as personal training, fitness assessment and athletic training rooms.

Wellness is more than just fitness

Here are some other special touches we have available for our students:

- Personal training sessions and fitness assessments can help you get started on the right foot or break through to the next level.
- A top-notch nutritionist can help you meet your fitness goals in a healthy, manageable way that will set you up for the rest of your life.
- Massage Therapists can help you maintain your peak performance condition or de-stress before exams.
- University Park and lots of other amazing outdoor recreation spaces must be experienced to be believed.

Activities in the Shenandoah Valley

The four distinct seasons of the year that we experience in Virginia offer an abundance of opportunities for recreational variety.

Winter may find you zipping down the ski slopes, or tubing at nearby Massanutten Resort or one of the other popular ski resorts within an hour drive from campus.

Spring is the perfect time to try out Harrisonburg's several disc golf courses, tee it up the traditional way at one of the half-dozen local golf courses or stretch your legs on a hike in the breathtaking Shenandoah National Park.

Summer is a great time to explore the area, take a walk downtown, hike or bike one of the many nearby trails, or float down the Shenandoah River on a kayak, canoe or tube.

Fall could draw you to our on-campus arboretum or perhaps on a weekend adventure to Reddish Knob. We have gear to rent, groups for you to join and ideas to help you stay active, learn some new skills and have fun.

**The possibilities are everywhere.
The choices are yours.**

Club sports

Archery	Lacrosse (men's, women's)
Baseball	Madison Dance
Basketball (men's, women's)	Quidditch
Bass Fishing	Racquetball
Bhangra	Roller Hockey
Boarderline	Rowing
Brazilian Jiu-Jitsu	Rugby (men's, women's)
Caving	Ski and Snowboard Racing
Climbing	Soccer (men's, women's)
Competitive Cheerleading	Softball
Cross Country and Track	Squash
Cycling	Swimming
Disc Golf	Swing Dance
Dodgeball	Table Tennis
Equestrian	Tae Kwon Do
Eventing	Tennis
Fencing	Triathlon
Field Hockey	Ultimate Frisbee (men's, women's)
Golf	Volleyball (men's, women's)
Gymnastics	Water Polo (men's, women's)
Handball	Wrestling
Ice Hockey	

Intramural sports

Battleship	Pool Volleyball
Basketball (3-on-3 outdoor, 5-on-5)	Racquetball
Dodgeball	Sand Volleyball (4-on-4)
Flag Football (4-on-4, 7-on-7)	Soccer (indoor, outdoor)
Floor Hockey	Softball
Kickball	Street Hockey
Outdoor Volleyball	Team Handball
Pickleball	Ultimate Frisbee

**For more information, contact:
University Recreation Center
540-568-8732 ■ jmu.edu/recreation**