

## Fitness



### The Fitness Program

The Fitness Program offers comprehensive programming for the Bearkat Community. Programs include Group Fitness Classes, Personal Training, Fitness Workshops, and state of the art Weightroom and Cardio equipment.

#### Fall 2014 Group Fitness Passes Now Available

#### Semester Passes

(FALL PRORATE)

SHSU Students ..... \$25  
 Non-Students ..... \$35

**PURCHASE**

#### One Class Pass

SHSU Students ..... \$3 / Class  
 Non-Students ..... \$4 / Class

**PURCHASE**

**Semester Pass:** In order to receive your physical pass, please bring your receipt of purchase and SAM ID to RSC Office 162. You must present your valid semester pass prior to entry. Please bring your original receipt with you to all group fitness classes until you have received your physical pass.

**One-Class Pass:** In order to be admitted into a class, you must present your SAM ID along with receipt of

#### Today's Hours of Operation

RSC Facility: **6:30am – 12:00am**  
 RSC Pool: **12:00pm – 6:00pm**  
 Climbing Wall: **2:00pm – 8:00pm**  
 University Camp: **Open for Reservations**

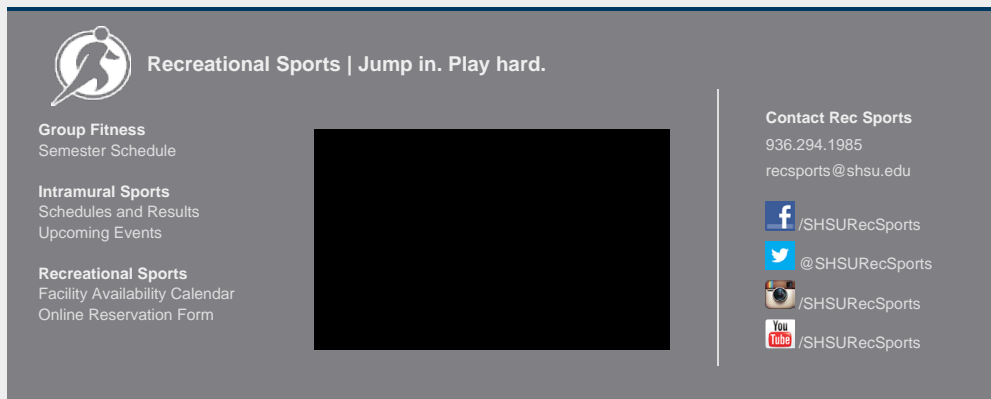
[Full Hours Schedule](#)

#### Recreational Sports

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purchase prior to entry.

Register in RSC Office 162



**Recreational Sports | Jump in. Play hard.**

**Group Fitness**  
Semester Schedule

**Intramural Sports**  
Schedules and Results  
Upcoming Events

**Recreational Sports**  
Facility Availability Calendar  
Online Reservation Form

**Contact Rec Sports**  
936.294.1985  
recsports@shsu.edu

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TOLC 2015

University Camp

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