

# Recreation, Fitness and Wellness Center

Date

2/17

Item

G.14

Recreation, Fitness, and Wellness is the combination of the programs: Intramural Sports, Recreation and Fitness, and Student Wellness, and is located in the Recreation, Fitness, and Wellness Center (RFWC).

## Intramural Sports

The Intramural Sports program offers a variety of recreational activities, which provide competition suitable for all students regardless of physical capabilities. By participating in Intramural Sports, Outdoor Adventure and Special Events students have the opportunity to enhance social relationships, stay physically active, promote sportsmanship, enjoy the outdoors and have fun. Intramural activities are open to employees. Intramural Sports staff can be reached in Room 227 in the Recreation and Fitness Center or by calling (812) 461-5268.

## Recreation, Fitness and Wellness Center

The Recreation, Fitness and Wellness Center offers fitness programs designed to promote a healthy lifestyle and meet the physical, social, spiritual, intellectual, and emotional needs of students and employees. Some of the services and programs provided by the Recreation, Fitness and Wellness Center include fitness consultations, facility orientations, health screening and seminars (e.g., stress management, proper nutrition, etc.), incentive programs, and equipment checkout (camping gear and bicycles). The Recreation, Fitness and Wellness Center also includes a 33-foot tall climbing tower and bouldering area. Guest passes are available for purchase at the RFWC welcome desk. An Eagle Access card is required. The Recreation, Fitness and Wellness Center staff can be reached at the welcome desk in the Recreation, Fitness and Wellness Center or by calling (812) 461-5268.

## Student Wellness

The Student Wellness Office develops, implements, and coordinates health and wellness education activities for the University community. Faculty and staff can request presentations for their classes and student groups on various wellness topics, including stress management, bystander intervention, and general wellness. The Student Wellness Office is located in Room 219 in the Recreation, Fitness and Wellness Center. The phone number is (812) 461-5483.