

FITNESS AND RECREATION

Fitness and Recreation provides facilities, programs, and services for the University community to promote a healthy lifestyle and to encourage well-being through physical activity. Full service fitness facilities are located on all three campuses and include cardio and strength training machines. Each facility can be accessed with a current student ID. Locker rooms with showers and changing areas are available in each facility.

The fitness center located on the Denton campus includes group exercise studios, a full size gymnasium, a 30-foot climbing wall, a lounge with gaming equipment and a large screen TV, an outdoor sand volleyball court, indoor swimming pool, tennis courts, and an outdoor adventure program. In addition, the following services and programs are offered for a nominal fee to students: specialized group exercise classes, sport teams, intramural sports, personal training, and outdoor adventure trips. For more information, contact Fitness and Recreation (<http://www.twu.edu/fitandrec/>) at 940-898-2900.

Students, faculty, and staff may also use the fitness facilities at the Dallas and Houston campuses which include treadmills, ellipticals, steppers, stationary bicycles, assorted strength training machines, and free weights. Various group exercise classes, recreational programs, and special events are also offered throughout the year. For more information, contact Student Life (<http://www.twu.edu/student-life-dallas/>) at Dallas 214-689-6697 or Student Life (<http://www.twu.edu/student-life-houston/>) at Houston 713-794-2157.