

# FITNESS AND RECREATION

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Fitness and Recreation provides facilities, programs, and services for the University community to promote a healthy lifestyle and 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 student lounge with a large screen TV, a gaming and e-sports lounge, outdoor sand volleyball court, an indoor swimming pool, tennis courts, and outdoor adventure program. In addition, the following services and programs are offered for a nominal fee to students: sports 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 Dallas Student Life (<http://www.twu.edu/student-life-dallas/>) at 214-689-6697 or Houston Student Life (<http://www.twu.edu/student-life-houston/>) at 713-794-2157.