# R.E.C. REPOR'

STUDENT RECREATION CENTER | 618/453-1277 | REC.SIU.EDU

| JANUARY 19, 2017

### SRC to Be Open **Until Midnight on** Saturday, January 28

The Student Recreation Center will remain open for those students out and about for Polar Bear on Saturday, January 28, 2017.

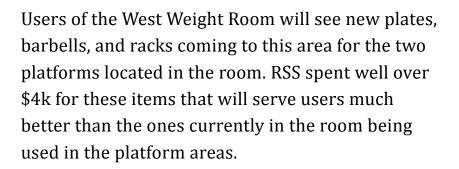
The upper level (south end) will remain open. The south (Grand Avenue side) entrance will be manned and unlocked until midnight that day. Bathrooms will be available and the Alumni Lounge will be open for students to come in and warm up.

### Check out the Six Steps to an Amazing Weekend.

Courtesy of Wellness and Health Promotion Services, a department of Student Health Services.

## If you choose to drink alcohol, know That you have many opportunities to make simple decisions that reduce the risk to yourself and others. 4 STICK TOCETHER 5 CALL FOR HELP PET PONSENT 8000 SIU STUDENT HEALTH SERVICES

### **New Platform Plates, Barbells and Storage Racks** Now in West Weight Room.



"I am excited for the users in this area. We spoke to a lot of the users and worked closely to get the best items out there on the market. The new items will make this area much safer and proper use of these items will result in a much safer environment for all," stated Troy Vaughn, Director of RSS. New items include an assortment of new Rogue High Temp bumper plates, storage racks, and barbells.

#### **Spring Programs Kick off** the Start to 2017 at RSS!

If your 2017 New Year's resolution is to become fit, we are the place for YOU! We have an assortment of group fitness classes, "Fitness Plus" classes, and many other options available to students and members for the springtime! Additionally, several fitness-related special events are also on tap for the spring. Many of these classes are popular and signups will go quickly!

Intramural Sports has a complete offering for the spring semester with both team and individual sport options. As well, over 35 sports clubs will be active throughout the winter and into the spring! Outdoor Pursuits and Outdoor Adventures also have an array of trips and options available for those that like to get outside!

The RSS website is always a great resource for all to catch up on the latest in opportunities with RSS... please click to rec.siu.edu and bookmark the page!











