

RECREATIONAL SPORTS AND SERVICES 2021 WINTER/SPRING SEMESTER PROGRAMS

PAID CLASSES	DAYS	TIME(S)	DATE(S)	PRICE(S)
Barre Class (Virtual) - Session 1	W	6:00 - 7:00 p.m.	Jan. 6 - Jan. 27	SIU Student: \$40, Member: \$40, Non-Member: \$50
QueenAx Class (in-person)	W	5:30 - 6:30 p.m.	Jan. 27 - Feb. 3	SIU Student: \$20, Member: \$25, Non-Member: \$35
Barre Class (Virtual) - Session 2	W	6:00 - 7:00 p.m.	Feb. 2 - Feb. 24	SIU Student: \$40, Member: \$40, Non-Member: \$50
Aqua Boot Camp (in-person)	R	5:30 - 6:30 p.m.	Feb. 4 (4 classes)	SIU Student: \$39, Member: \$44, Non-Member: \$54
Salsa Dance (Virtual)	T	7:00 - 8:00 p.m.	Feb. 9 - March 9	SIU Student: \$30, Member: \$35, Non-Member: \$40
Try Scuba Diving (in-person)	R	6:30 - 8:00 p.m.	Feb. 11	SIU Student & RSS Members ONLY: \$25 RSVP: Glen@mermetsprings.com

The 3rd Annual Saluki Tri-Fitness Challenge starts February 1st and concludes on February 28th. Students and members of the Student Recreation Center are invited to sign up for the challenge of swimming 2 miles, running 26 miles, and biking 112 miles. Price for participation is \$15 per participant. May sign up as a team too! Complete the full mileage and receive an awesome t-shirt!

Free Group Fitness Classes (Virtual) are offered through the RSS Facebook page and Zoom through December 23, 2020.

You do not need to be a member to participate. Follow or Like our Facebook page and enjoy the free workouts.

RSS Facebook link: <https://www.facebook.com/SIURecCenter>

Schedule resumes January 4, 2021 with on-line classes and then in-person classes begin January 19, 2021.

Free Group Fitness on-line schedule website: rec.siu.edu/programs/fitness/groupfitness/

HOW TO SIGN UP FOR CLASSES AT THE REC:

Sign up on-line at: online.rec.siu.edu

For instructions on how to create an account or log-in, go to the website: rec.siu.edu/online

To sign up for a class, visit Member Services located on the first floor of the Student Recreation Center during their operating hours.

We are located on the SIU Campus at 300 East Grand Avenue, Carbondale, IL 62901. Call us at 618-453-1277 or Email: recctr@siu.edu

HOURS OF OPERATION:

Remote/Break Hours are effective
Dates: Nov. 21, 2020 - Jan. 16, 2021
and can be found at rec.siu.edu/hours

Spring semester hours begin
January 17, 2021.

Please check the website for
hours updates.