

SIU Student Recreation Center R.E.C. REPORT

Recreate. Energize. Connect.



SUMMER SEMESTER BUILDING HOURS

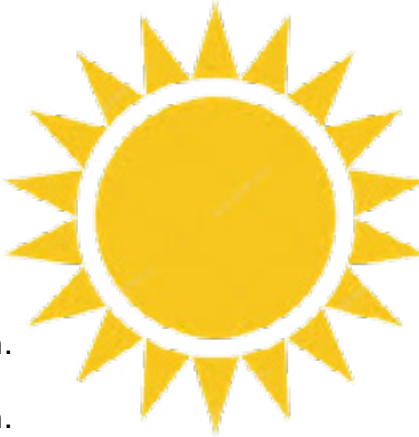
New hours begin on May 11, 2019

Building Hours:

Monday – Thursday..... 5:30 a.m. – 8:00 p.m.
 Friday 5:30 a.m. – 7:00 p.m.
 Saturday 8:00 a.m. – 6:00 p.m.
 Sunday 1:00 p.m. – 6:00 p.m.

Member Services:

Monday – Friday..... 11:00 a.m. – 2:00 p.m.
 4:00 p.m. – 7:00 p.m.
 Saturday 8:00 a.m. – 12:00 p.m.
 Sunday CLOSED



All facility hours are listed on-line at rec.siu.edu/hours

Upcoming Dates:

- **Free Friend Friday**
May 17
- **Moonlight Canoe**
May 18
- **Free Friend Friday**
May 24
- **SRC CLOSED for Memorial Day**
May 27
- **Free Friend Friday**
May 31
- **Becker Boating opens for weekends**
June 1 & 2
- **GPP Boot Camp**
June 4
- **Group Fitness Summer Schedule begins**
June 10
- **Moonlight Canoe**
June 17
- **Moonlight Canoe**
July 16



Any current SIU Student or SRC Member can sponsor a friend for free on Fridays during the entire summer. Sponsor and friend must be 18 years or older to enter the building and must have a photo I.D. Only **ONE** friend per sponsor is allowed per visit. Bring a Friend Friday for Free starts May 17 and runs through August 16.

EMPLOYEE SPOTLIGHT



Dee Donaldson started to work here at the Recreation Center in 1999 as a support specialist. Dee is planning on retiring this June. We wish Dee the best of Luck on this new chapter of her Life. Dee was a very detailed oriented employee and we will miss her excellent work. We appreciate the 20+ years of hard work and the loss of this experience will be hard to replace. Enjoy retirement Dee!!!

EMPLOYEE SPOTLIGHT



I am awarding Savanna Ashbaugh, Fitness Coordinator at Recreation Sports and Services, Tut the Dog. Savanna exemplifies all of the values of the Division of Student Affairs, but her work in engagement and collaboration are most significant. Savanna goes above and beyond to engage not only our students, but also our faculty and staff. She is consistently thinking of new and fun ways to encourage people to live active lives, make connections and increase their overall wellness. She is always willing to serve on wellness initiatives, task forces and committees which has strengthened the collaboration between Wellness and the Rec. Her open mind and can-do attitude has brought new programs and opportunities to the Division of Student Affairs and the University.

~Brianna Sinche

General Physical Preparedness is a comprehensive approach to physical training which enables individuals to improve basic aspects of physical fitness such as: strength, power, speed, agility, endurance, balance, and coordination.

GPP Boot Camp is the third level of this series, and will incorporate basic instructional concepts from *Beginner GPP* and *GPP Basic*.

This class will utilize a variety of equipment, to include: battle ropes, sleds, medicine balls, slam balls, kettlebells, and more.

