

# IOWA STATE RECREATION SERVICES

UNMATCHED PROGRAMS, EVENTS, + FACILITIES



## OFFERING MORE FOR LESS

ISU Recreation Services strives to create exceptional experiences in a respectful, welcoming, and fun environment while empowering the ISU community to enhance personal well-being.

- + YOGA
- BARRE
- CROSS TRAINING
- COMBAT
- AQUA FITNESS
- BOXING
- PILATES
- TRX BLAST
- MEDITATION
- HIIT
- CYCLING
- HIP HOP
- KETTLEBELLS
- + CARDIO EQUIPMENT
- VOLLEYBALL COURTS
- TURF FIELD
- INDOOR TRACKS
- BADMINTON COURTS
- SWIMMING POOLS
- STEAM ROOMS
- FITNESS ROOMS
- WEIGHTLIFTING
- LOCKER ROOMS
- CLIMBING WALLS
- MULTI PURPOSE ROOMS
- +

### FACULTY + STAFF MEMBERSHIPS

< \$30

PER MONTH INCLUDING:

when paid in full for annual membership  
(other options also available)

-  100+ TOP NOTCH RECREATIONAL SPACES
-  AFFORDABLE OUTDOOR EQUIPMENT RENTALS
-  COVENIENT HEALTH & WELLNESS
-  INTRAMURALS FOR EVERY LEVEL & ABILITY
-  LARGE VARIETY OF FITNESS CLASSES
-  40' TOP ROPE WALL AND 2 BOULDERING WALLS

## LOCAL ALTERNATIVE PRICES

We offer all the services listed below *plus much more* within our membership.

Pay by cash, check, card or payroll deduct.

Get the most out of your wellness journey with Iowa State Recreation Services!

### LOCAL ALTERNATIVES

\$380+ / MONTH

=



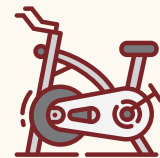
OTHER  
YOGA STUDIO  
\$150 / MONTH

+



OTHER  
FITNESS CENTER  
\$65+ / MONTH

+



OTHER  
CYCLING STUDIO  
\$65 / MONTH

+



OTHER  
FUNCTIONAL TRAINING  
\$100+ / MONTH

### REC SERVICES

\$30-\$40 / MONTH

=



OUR  
YOGA STUDIO  
INCLUDED

+



OUR  
REC CENTER  
INCLUDED

+



OUR  
CYCLING STUDIO  
INCLUDED

+



OUR  
FUNCTIONAL TRAINING  
INCLUDED

- + POOLS
- ROCK WALLS
- INTRAMURALS
- OUTDOOR EQUIPMENT
- +