


IOWA STATE UNIVERSITY





RECREATION SERVICES


As the semester wraps up and we prepare for the new year, we understand the importance of maintaining a healthy work-life balance. That's why we're excited to introduce exclusive Rec Services Memberships tailored just for you. For all Iowa State Employees, we are offering a 7-day [FREE Trial](#) from January 8 -14.



 **Unlock Your Full Potential:** Our Rec Services Memberships provide unparalleled access to state-of-the-art recreation facilities, diverse fitness classes, and cutting-edge wellness programs. Whether you're a fitness enthusiast or looking to kickstart a healthier lifestyle, our facilities are designed to cater to all fitness levels and goals.

 **Build a Stronger Community:** Joining Rec Services isn't just about exercise; it's about building connections and fostering a sense of community. Engage in group activities, meet like-minded individuals, and strengthen your bonds with colleagues outside of the office. A healthy community is a thriving community!

 **Tailored for Your Convenience:** We understand the demands of your busy schedule, which is why our memberships offer flexible hours, allowing you to seamlessly integrate fitness into your routine. With convenient locations across campus, achieving your health and wellness goals has never been more accessible.

 **Exclusive Member Benefits:** As a Rec Services member, you will have access to free fitness classes (offered in the morning, noon hour, and evening), all of our facilities (including the rock walls, gaming room, and pools) intramural sports, discounted outdoor equipment rental and trips, and much more. All this at a more affordable price than local competition. Plus, you will be supporting a fellow Iowa State department!

Ready to embark on your wellness journey with us? [Click Here](#) to register for our Free Trial the second week of January where we will have facility tours, equipment tutorials, fitness classes, drop-in pickleball, and more! See full schedule below. Once you sign up for a FREE Trial, you will be sent the full schedule of events with registration links. We will walk you through how to Work > PLAY > Work by offering recommendations on how to effectively go from your office to participating in one of our fitness classes and back to the office.

If you can't make any of our structured events, feel free to explore any of our facilities through our [Facility Self-Guided Tours](#)

Invest in your well-being today and experience the transformative power of Rec Services. Your health is an investment, not an expense!

### **Events for the Week of January 8 - 14**

- General notes: You will be able to register for the events below after you register for the [FREE Trial](#)
- We recommend wearing comfortable clothes and shoes for movement
- Locker rooms, day use lockers, and towels will be available.
- Unless otherwise noted, meet at the State Gym Lobby at the start of each time slot.

#### **Monday, Jan. 8th**

- **8:45am-9:30am** – State Gym Equipment Orientation – Meet at State Gym front desk

Meet a friendly face at the gym and learn where to start your workouts! Sign up for a guided orientation to equipment in our facility to support a basic fitness workout plan. The session will include a demonstration of two cardio equipment, four strength resistance equipment, and a helpful resource guide.

- **12:00pm-1:00pm** – *Work > PLAY > Work* Fitness Class: Cyclone Sculpt – Meet at State Gym front desk

Join us for a class and learn our best tips and tricks to get in a midday workout from a fitness professional. We'll get you from the fun fitness class back to your desk with a new routine.

This fitness class uses moderate weight and high repetition to sculpt and strengthen every major muscle group! You are in for a great workout with our combination of strength training movements and new equipment.

- **4:15-4:45pm** – State Gym Facility Tour - Meet at State Gym front desk

Meet at the front desk of State Gym for a 30-minute tour highlighting all the great things you can do at State Gym! Take a tour of our weight room, cardio area, basketball courts and pool to get comfortable with our spaces!

## **Tuesday, Jan. 9th**

- **8:30am-9:00am** – State Gym Facility Tour - Meet at State Gym front desk

Meet at the front desk of State Gym for a 30-minute tour highlighting all the great things you can do at State Gym! Tour our weight room, cardio area, basketball courts, and pool to get comfortable with our spaces!

- **4:15pm-5:15pm** – Walking Group – Meet at State Gym front desk

The session will include a 20-minute experience of walking methods for optimal pace and distance ideal for a beginner program to enhance wellbeing.

## **Wednesday, Jan. 10th**

- **11:00am-11:30am** – State Gym Facility Tour - Meet at State Gym front desk

Meet at the front desk of State Gym for a 30-minute tour highlighting all the great things you can do at State Gym! Tour our weight room, cardio area, basketball courts and pool to get comfortable with our spaces!

- **12:00pm-1:00pm** – *Work > PLAY > Work* Fitness Class: Cycle Fit - Meet at State Gym front desk

Join us for a class and learn our best tips and tricks to get in a midday workout from a fitness professional. We'll get you from the fun fitness class back to your desk with a new routine. This fitness class will teach you the indoor cycling techniques of riding flats and hills to build lower body strength and endurance and improve your cardiovascular fitness level. The energy is high, and music is motivating. A great low-impact fitness option for your joints.

## Thursday, Jan. 11th

- **11:00am-11:45am** – State Gym Equipment Orientation – Meet at State Gym front desk

The session will include demonstration of two cardio equipment and 4 strength resistance equipment to support a basic fitness workout plan for health improvements guided by a personal trainer with a helpful resource guide.

- **12:00pm-1:00pm** – *Work > PLAY > Work* Fitness Class: Wellness Yoga - Meet at State Gym front desk

Join us for a class and learn our best tips and tricks to get in a midday workout from a fitness professional. We'll get you from the fun fitness class back to your desk with a new routine. This fitness class is a therapeutic style of yoga that emphasizes linking breath with movement and modification of postures for a health and wellness effect. This is a great class for individuals new to yoga and/or having neck or back health issues.

- **12:00pm-1:00pm** – Pickup Pickleball – West State Gymnasium – Meet at State Gym front desk

Say the word pickup and people mostly think of basketball. Pickups are spontaneous, unstructured games where players are invited to play, but no one is obligated. There are no formal rules and no referees. The whole point is to have fun, and teams are made on the spot. Show up at State Gym and come play Pickleball with us! Equipment will be available, or you are welcome to bring your own.

- **4:15-4:45pm** – Lied Facility Tour - Meet outside of Lied front door

A 30-minute tour highlighting all the great things you can do at Lied! Tour our weight room, cardio area, indoor track, basketball courts and racquetball courts to get comfortable with our spaces!

## Friday, Jan. 12th

- **8:30am-9:00am** Lied Facility Tour - Meet outside of Lied front door

A 30-minute tour highlighting all the great things you can do at Lied! Tour our weight room, cardio area, indoor track, basketball courts and racquetball courts to get comfortable with our spaces!

- **12:00pm-1:00pm** – *Work > PLAY > Work* Fitness Class: High Fitness – Meet at State Gym front desk

Join us for a class and learn our best tips and tricks to get in a midday workout from a fitness professional. We'll get you from the fun fitness class back to your desk with a new routine.

**HIGH** fitness is a high energy, choreographed workout that is easy to follow. It will give you an interval and cardio workout all in one fun and upbeat class.