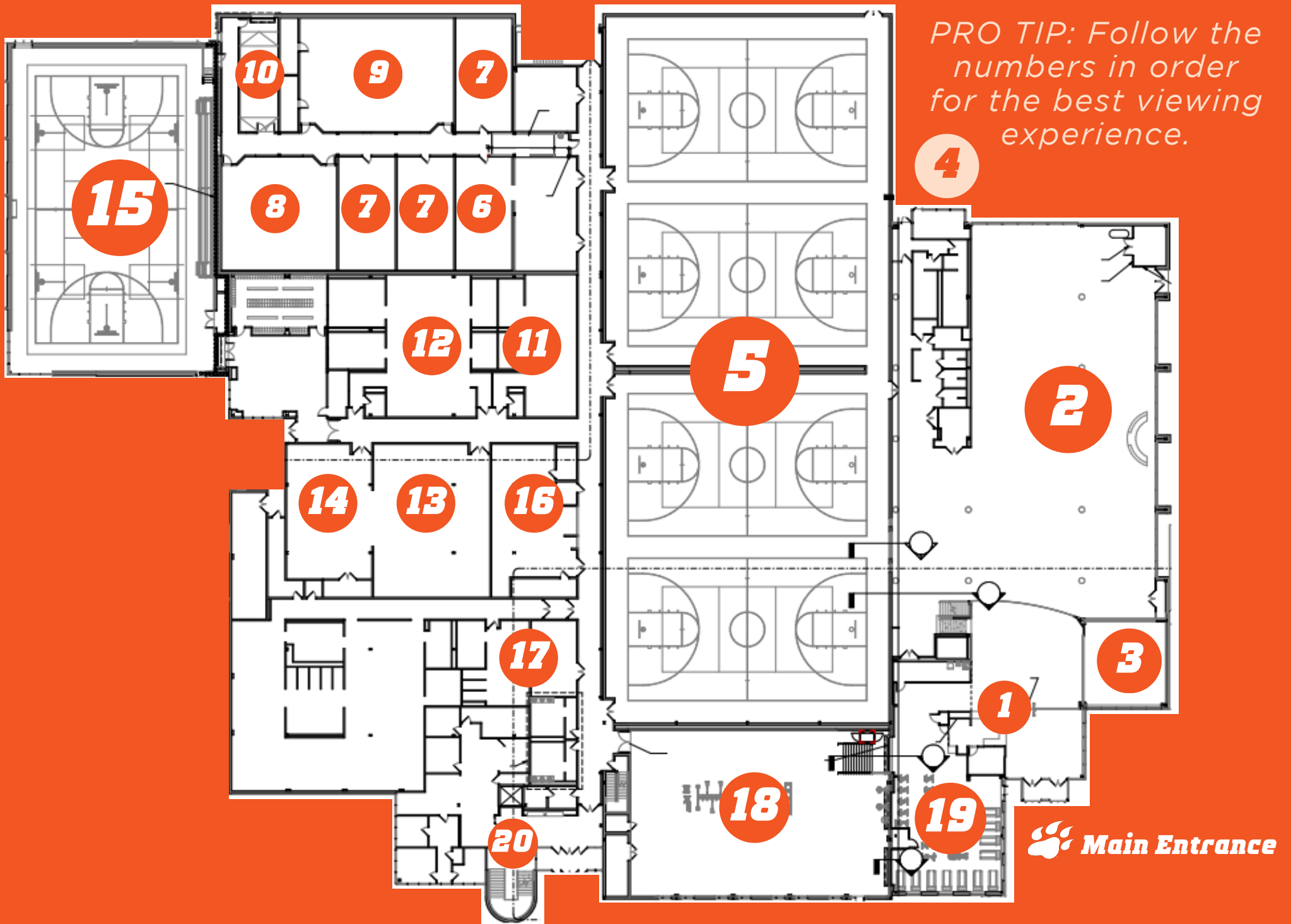


# Campus Recreation Self-Guided Tour

## WELCOME!

Thank you for  
visiting us today!

Follow the numbers on this map and swipe up to learn more about the Campus Recreation Center. Enjoy the tour!



- 1** Member Services Desk
  - 2** Weight Room
  - 3** Climbing Center & Studio 1
  - 4** Pool
  - 5** Gyms 1 & 2
  - 6** Personal Training
  - 7** Raquetball Courts
  - 8** Studio 3
  - 9** Studio 2
  - 10** Outdoor Gear Shed
  - 11** Faculty/Staff Locker Room
  - 12** Men's Locker Room
  - 13** Strength Training
  - 14** Multipurpose Room
  - 15** Gym 3
  - 16** Equipment Issue
  - 17** Women's Locker Room
  - 18** Multifunctional Training
  - 19** Cardio Area
  - 20** Professional Offices & Meeting Spaces
- Second Floor**



@shsucampusrec

SAM HOUSTON STATE  
**CAMPUS RECREATION**

campusrec.shsu.edu

# *Campus Recreation Self-Guided Tour*

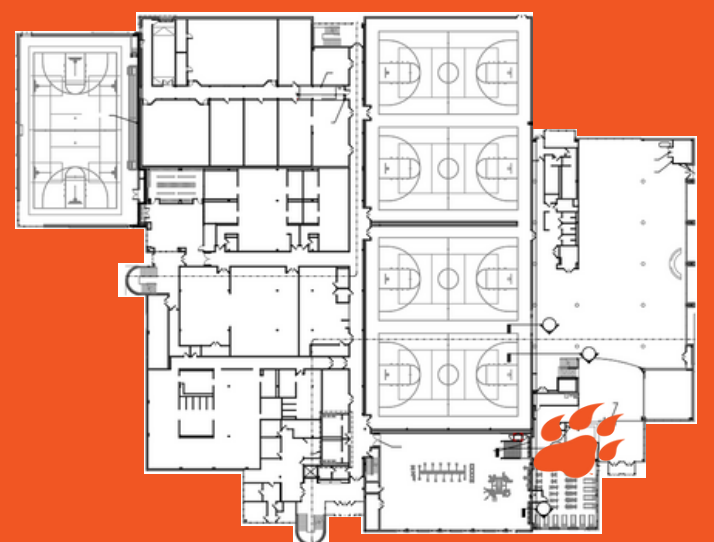
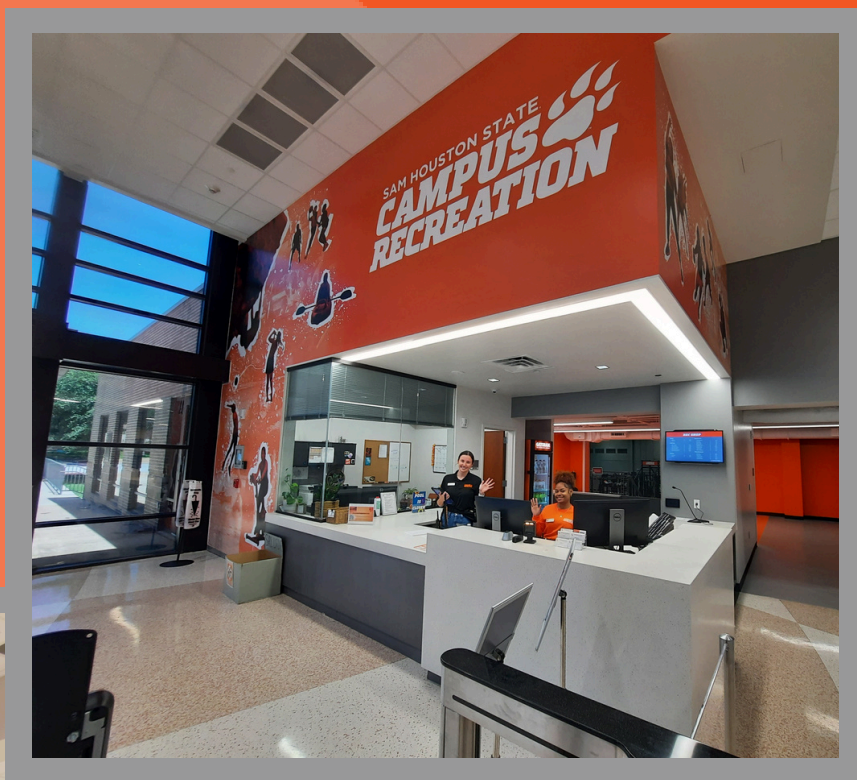
**1**

## *Member Services*

### *Desk*

Welcome to our facility! At the member services desk, patrons have the opportunity to make reservations, buy memberships, sign up for classes, and purchase drinks or towels for their workout.

Any questions you may have about our facility can be answered here. We are always happy to help!



@shsucampusrec

SAM HOUSTON STATE  
**CAMPUS RECREATION**

[campusrec.shsu.edu](http://campusrec.shsu.edu)

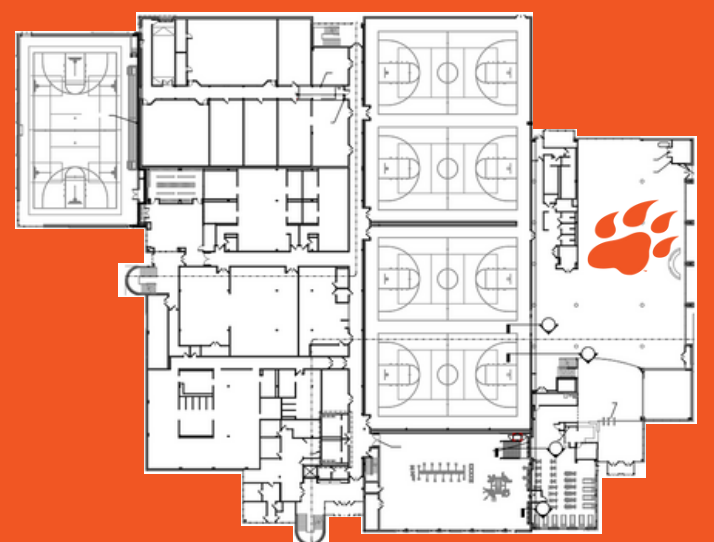
# *Campus Recreation Self-Guided Tour*

**2**

## ***Weight Room***

Located immediately down the stairs from the Member Services Desk, the weight room is one of the most-used areas of the facility.

Complete with free weights, pin-select machines, and cardio equipment, the weight room offers a variety of options for your exercise experience.



@shsucampusrec

SAM HOUSTON STATE  
**CAMPUS  
RECREATION**

[campusrec.shsu.edu](http://campusrec.shsu.edu)

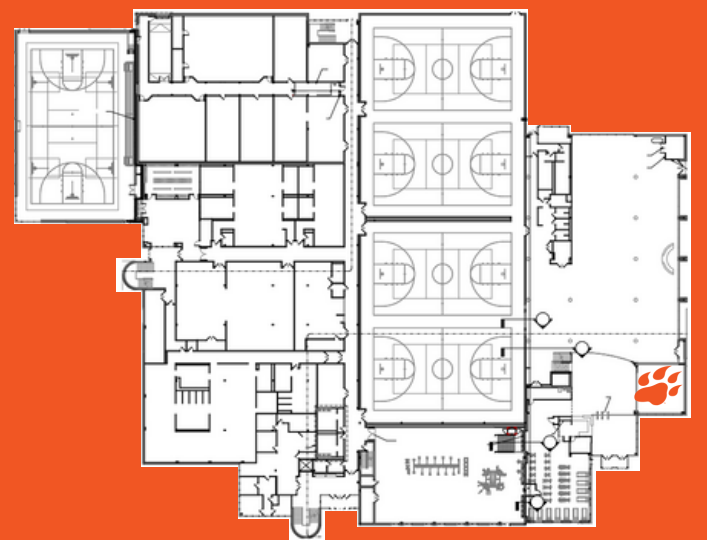
# *Campus Recreation Self-Guided Tour*

**3**

## *Climbing Center*

Feel the call to climb to new heights? The climbing center is free to students during operational hours. The climbing center boasts a 34' climbing wall with bouldering area for all who are vertically inclined.

Never climbed before? Stop by and a trained rockwall student employee would be happy to help!



@shsucampusrec

SAM HOUSTON STATE  
**CAMPUS  
RECREATION**

[campusrec.shsu.edu](http://campusrec.shsu.edu)

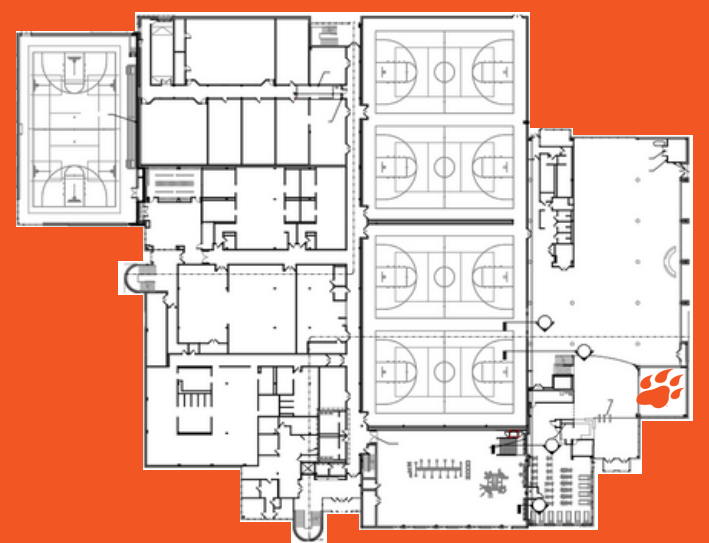
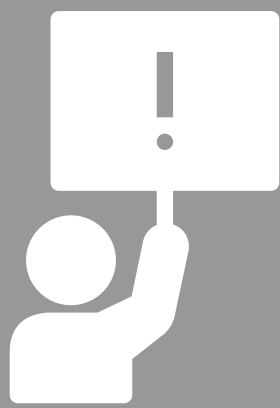
# ***Campus Recreation Self-Guided Tour***

**3**

## ***Studio 1***

Located next to the Rockwall and is the main location for our group fitness classes. These courses are free of charge for Bearkats and include: Total Body Training, Cycle, Kickboxing, Yoga, Pilates, HIIT, Circuit Training, and Dance Fitness. For more information about what classes are currently being offered, visit our website or talk to member services today!

***Currently  
Undergoing  
Renovations***



@shsucampusrec

SAM HOUSTON STATE  
**CAMPUS  
RECREATION**

[campusrec.shsu.edu](http://campusrec.shsu.edu)

# Campus Recreation Self-Guided Tour

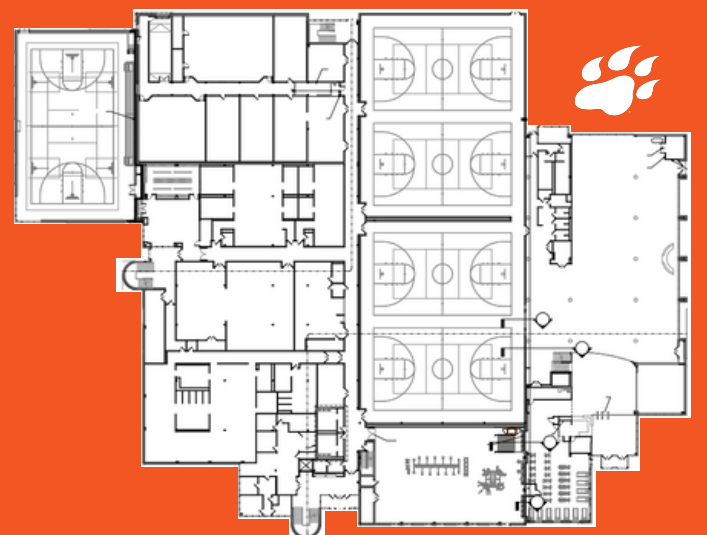
4

## Pool

Our swimming pool is outdoor, heated (seasonally) and fun! We have four 25 yard lap lanes and a leisure area which can be used for water volleyball, water basketball or certain intramural and special events. Additional amenities include a sun tanning area, lounge chairs and covered tables.



TM



@shsucampusrec

SAM HOUSTON STATE  
**CAMPUS  
RECREATION**

[campusrec.shsu.edu](http://campusrec.shsu.edu)

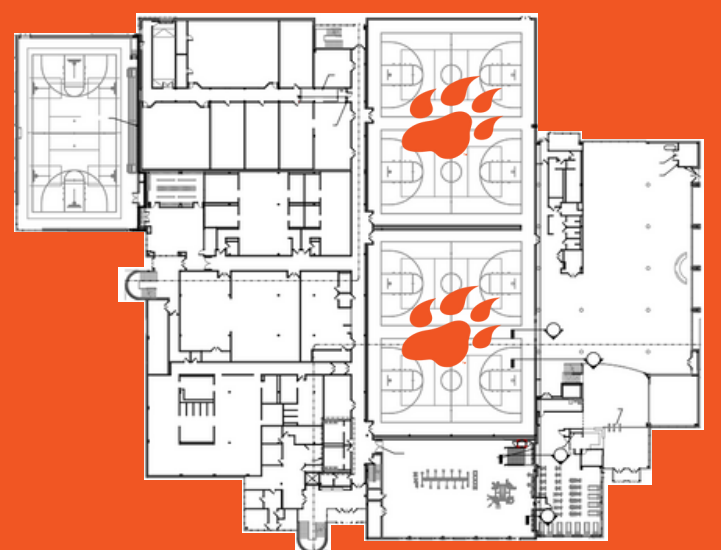
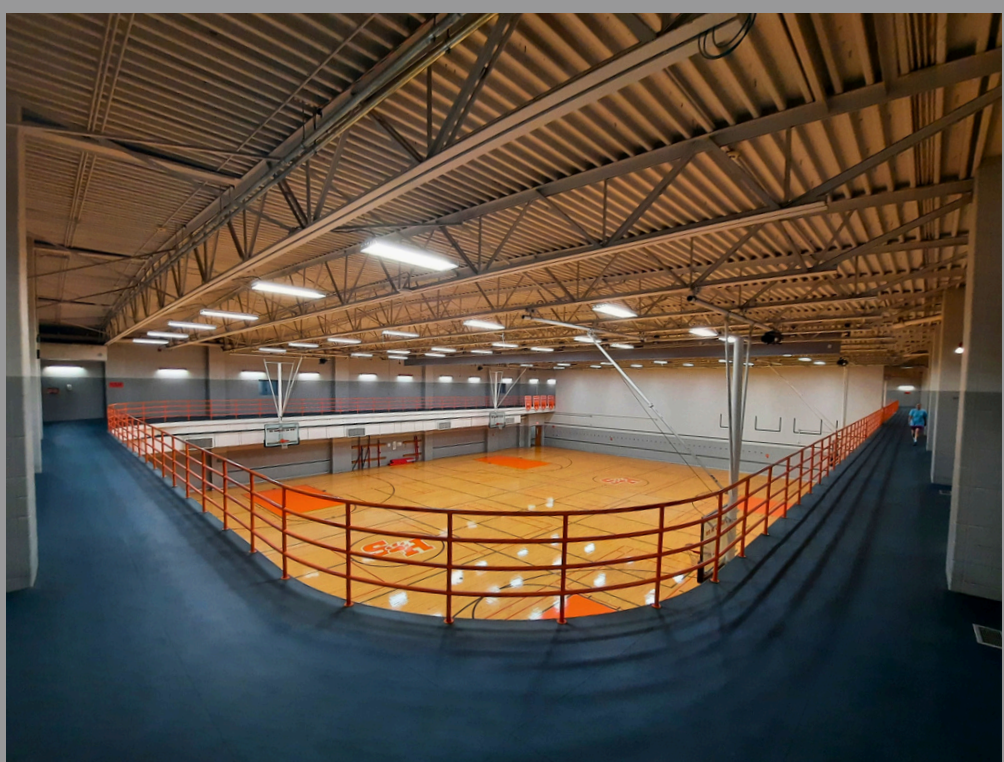
# *Campus Recreation Self-Guided Tour*

**5**

## *Gyms 1 & 2*

In Gyms 1 & 2 we have 4 full courts. They can be used for basketball, volleyball, badminton, and pickleball. They are open for general recreation, but can also be reserved for events.

Upstairs ringing the courts you'll find our indoor track where eight laps equates to one mile for those seeking a jog or a leisurely walk for their day.



@shsucampusrec

SAM HOUSTON STATE  
**CAMPUS  
RECREATION**

[campusrec.shsu.edu](http://campusrec.shsu.edu)

# *Campus Recreation Self-Guided Tour*

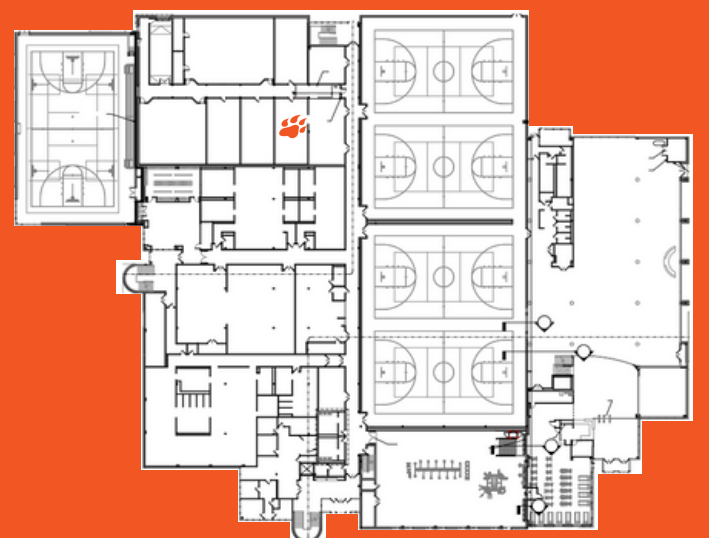
## **6** *Personal Training*

Need a bit more help with your fitness and nutrition goals? Work with a personal trainer!

We offer virtual and in-person training by certified trainers to assist you in becoming a better version of yourself.

More information on Personal Training can be found on our website at:

<https://www.shsu.edu/dept/recreational-sports/programs/fitness/personal-training.html>



@shsucampusrec

SAM HOUSTON STATE  
**CAMPUS  
RECREATION**

[campusrec.shsu.edu](https://campusrec.shsu.edu)



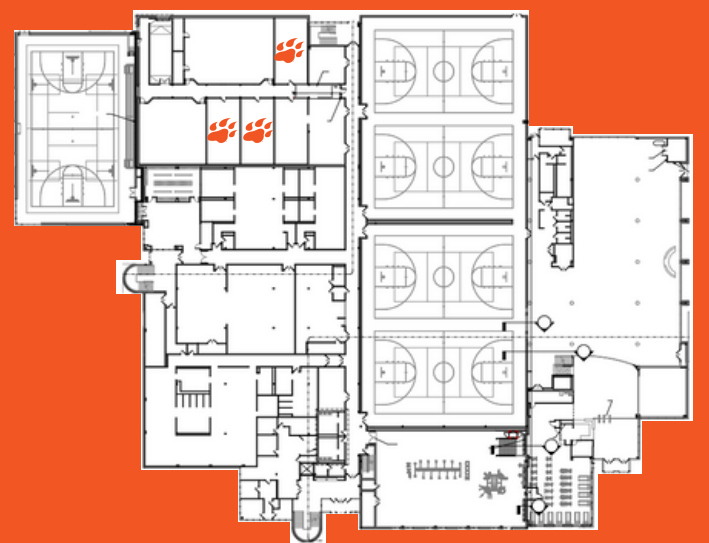
# *Campus Recreation Self-Guided Tour*

**7**

## *Racquetball Courts*

We have three open courts available for use for any of our patrons who would like to play racquetball and other indoor racquet sports.

No reservations necessary! Don't have racquets? No problem! Patrons are able check out racquetballs and other equipment at Equipment Issue at any time during operational hours!



@shsucampusrec

SAM HOUSTON STATE  
**CAMPUS  
RECREATION**

[campusrec.shsu.edu](http://campusrec.shsu.edu)

# *Campus Recreation Self-Guided Tour*

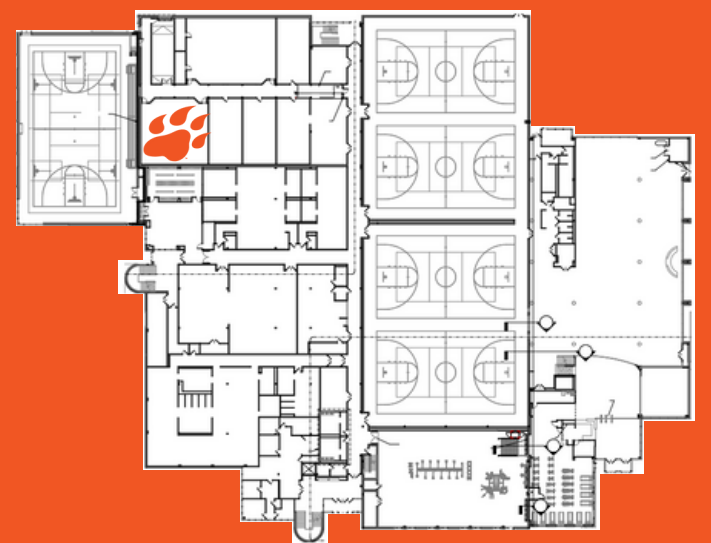
**8**

## *Studio 3*

Studio 3 houses our Cycling Fitness class. This high-energy and low-impact workout is designed to improve your cardiovascular fitness, endurance, and overall strength. Our experienced instructor will guide you through a series of challenging rides that simulate various terrains and intensities to help you achieve your fitness goals.



TM



@shsucampusrec

SAM HOUSTON STATE  
**CAMPUS  
RECREATION**

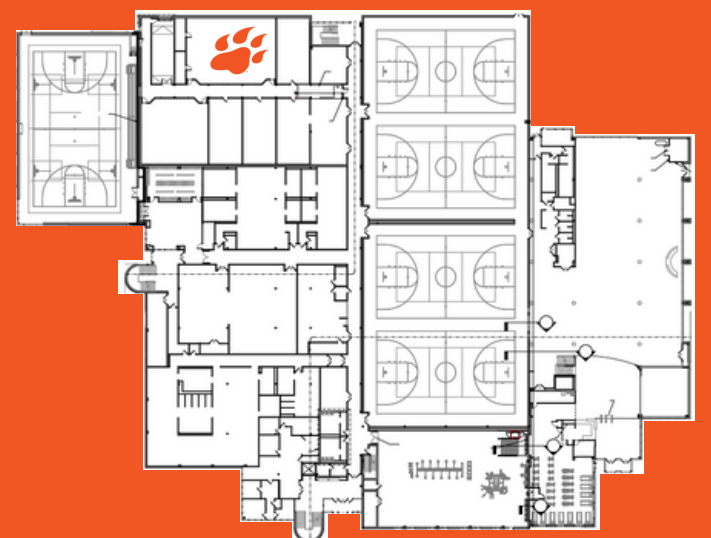
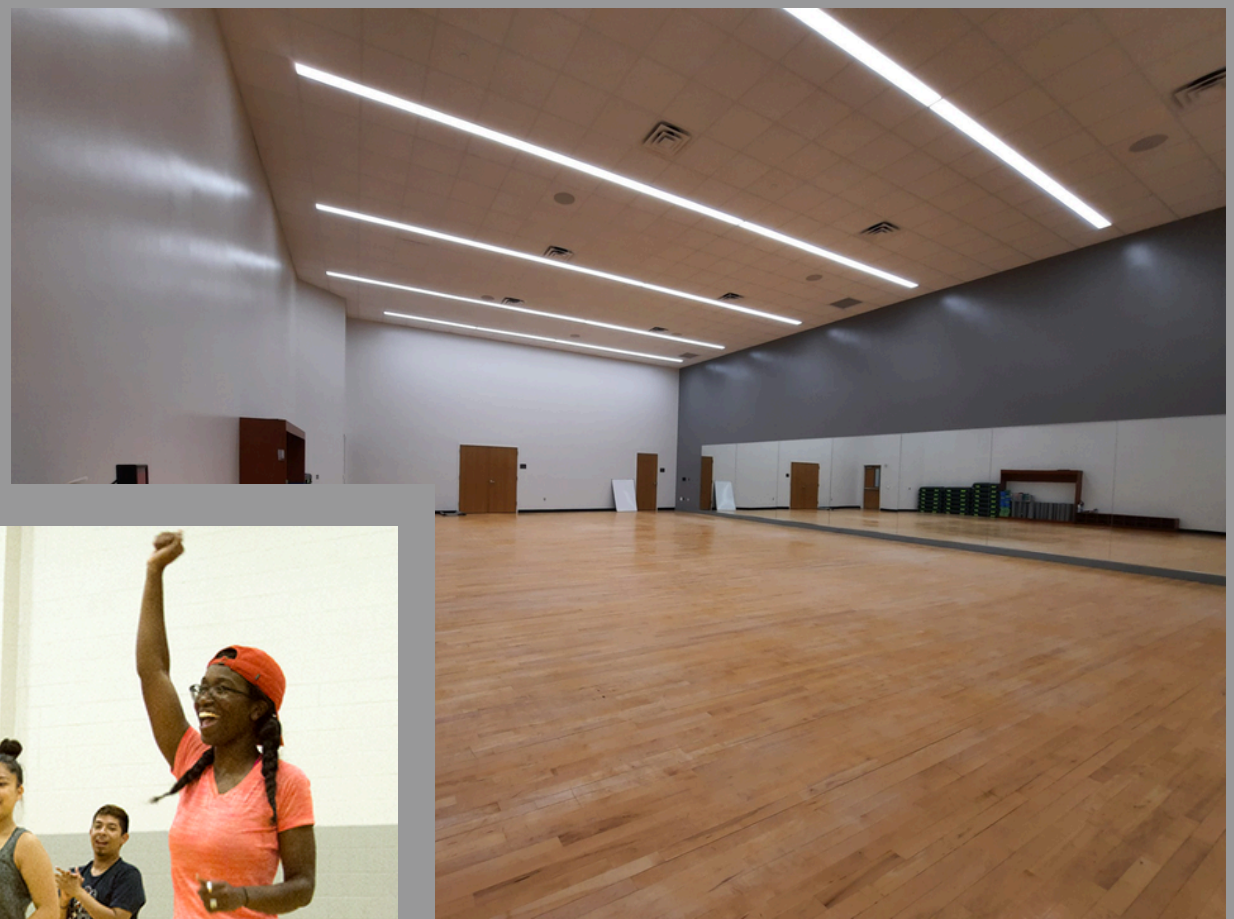
[campusrec.shsu.edu](http://campusrec.shsu.edu)

# *Campus Recreation Self-Guided Tour*

**9**

## *Studio 2*

The largest of the studios within our facilities, Studio 2 was formerly three separate racquetball courts which have been remodeled into one large space that is regularly used by our Fitness classes. Studio 2 can be reserved for general use groups.



@shsucampusrec

SAM HOUSTON STATE  
**CAMPUS  
RECREATION**

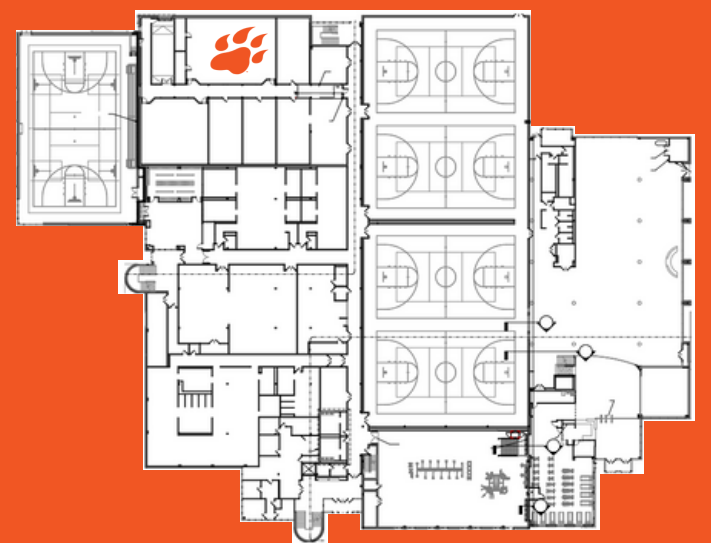
[campusrec.shsu.edu](http://campusrec.shsu.edu)

# *Campus Recreation Self-Guided Tour*

**10**

## *Outdoor Gear Shed /Rental Center*

Planning your next outdoor adventure? Look no further than our Equipment Rental service. We offer a wide range of high-quality gear for rent, including: tents, sleeping bags, backpacks, camping stoves, and much more! Don't let a lack of equipment hold you back from exploring the great outdoors. Reserve your gear today!



@shsucampusrec

SAM HOUSTON STATE  
**CAMPUS  
RECREATION**

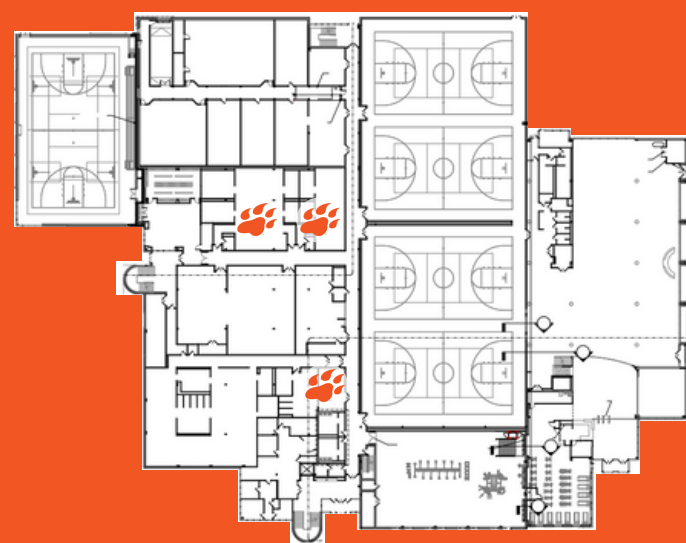
[campusrec.shsu.edu](http://campusrec.shsu.edu)

# *Campus Recreation Self-Guided Tour*

**11, 12,  
& 17**

## ***Locker Rooms***

Our facilities offer locker rooms for our patrons to utilize throughout the year. Locker Cleanouts occur seasonally at the end of every Spring semester. The men's and faculty/staff locker rooms can be found sharing a hallway with Strength Training and the Multipurpose room, with the women's locker room around the corner by Equipment Issue. Our locker rooms offer changing spaces, free lockers, toilets, and showers. Locks are available for purchase at the Member Services Desk.



@shsucampusrec

SAM HOUSTON STATE  
**CAMPUS  
RECREATION**

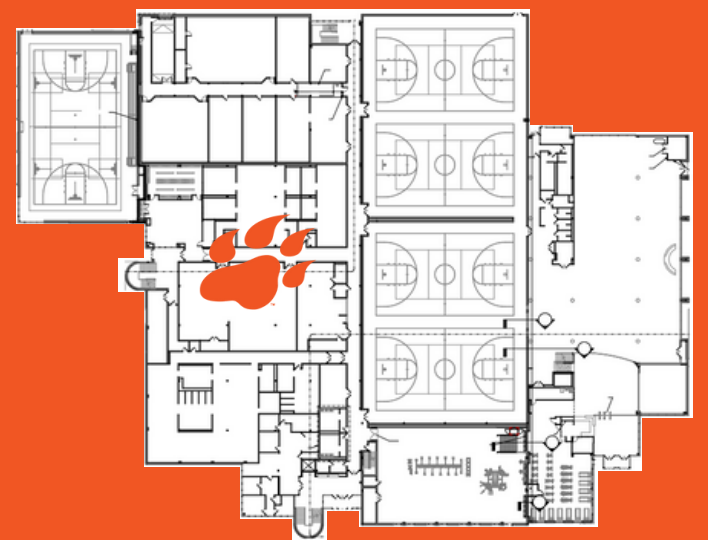
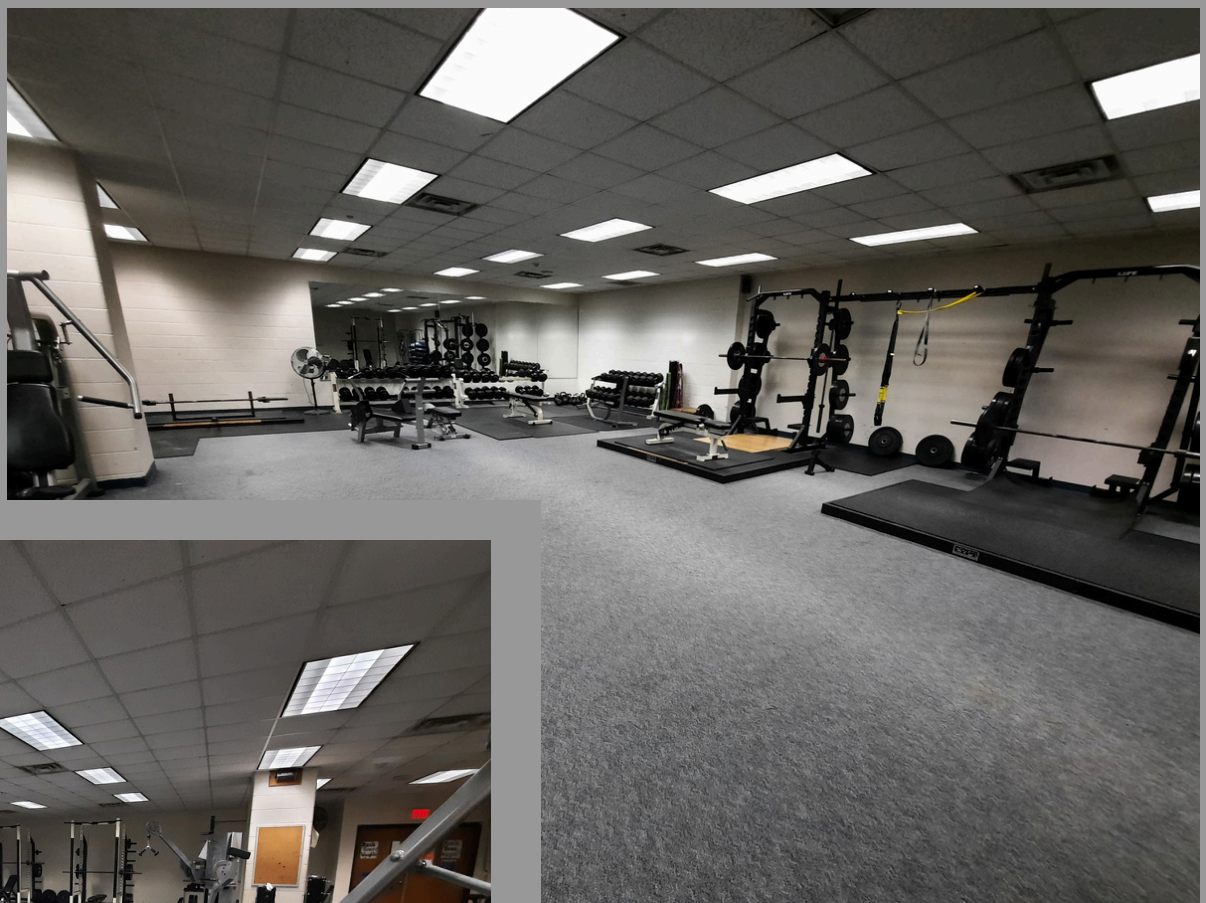
[campusrec.shsu.edu](http://campusrec.shsu.edu)

# *Campus Recreation Self-Guided Tour*

**13**

## *Strength Training Room*

Originally, the strength training room was the only weight room in the facility. Now, this room is used for personal training and Club Sports such as the SHSU powerlifting Ironkats and SHSU Women's Rugby.



@shsucampusrec

SAM HOUSTON STATE  
**CAMPUS  
RECREATION**

[campusrec.shsu.edu](http://campusrec.shsu.edu)

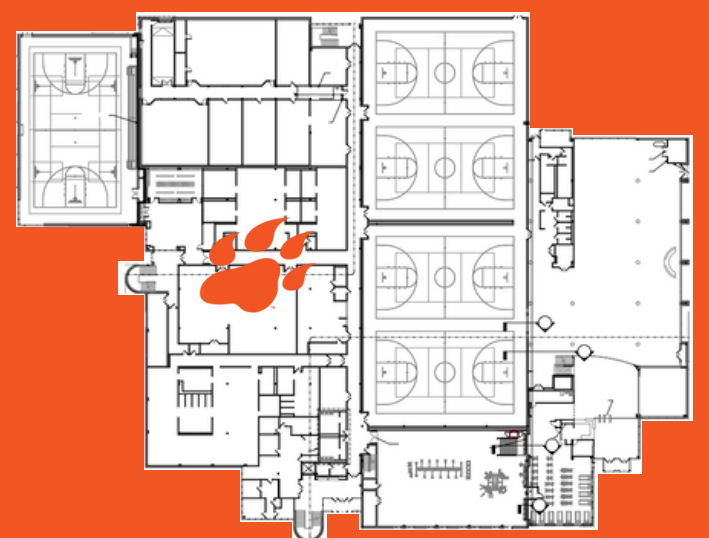
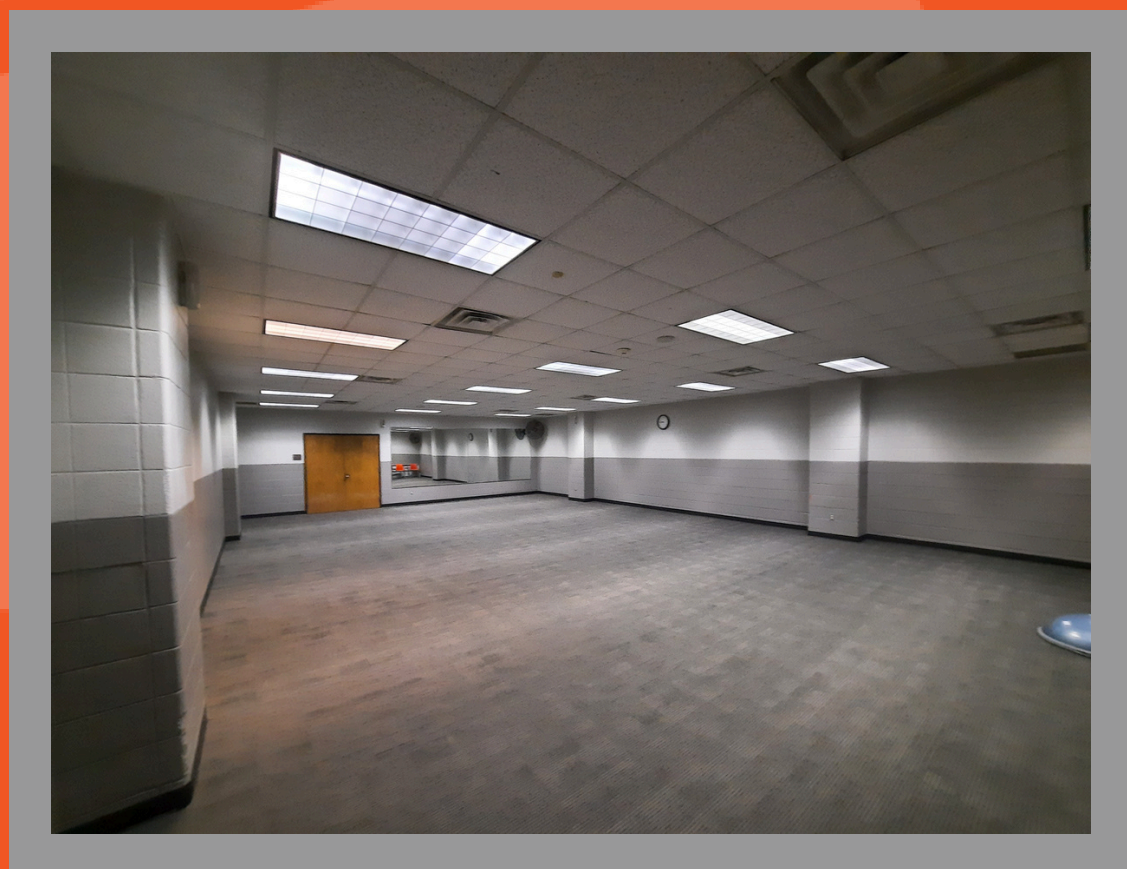
# *Campus Recreation Self-Guided Tour*

**14**

## *Multi-purpose Room*

This space is highly utilized by our clubs including Jui-jitsu and martial arts. Although home to many clubs, it is open for general reservations as well for any of our patrons to utilize for their events.

Check out our Clubs section of this tour for more information on clubs offered and contacts!



@shsucampusrec

SAM HOUSTON STATE  
**CAMPUS  
RECREATION**

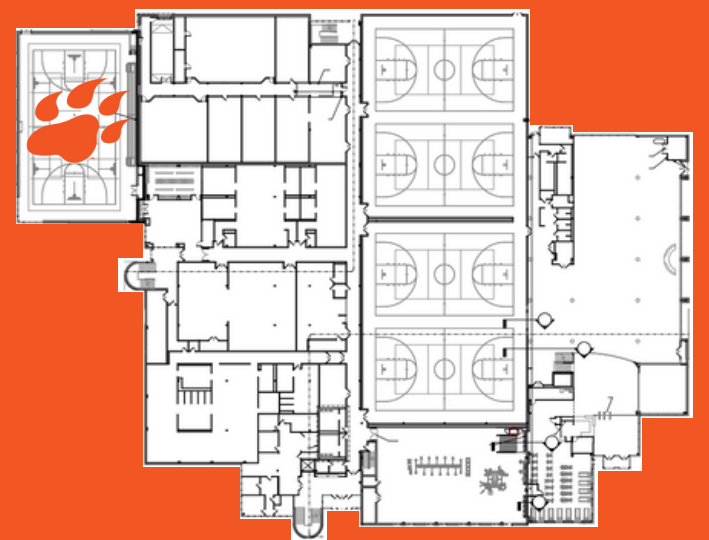
[campusrec.shsu.edu](http://campusrec.shsu.edu)

# *Campus Recreation Self-Guided Tour*

**15**

## ***Gym 3***

The most recent set of renovations to the facilities include this location. Gym 3 hosts a variety of activities from open rec time, Intramural games and tournaments, and Club Sport events. It features bleachers for visitors to cheer on any games taking place in this area.



@shsucampusrec

SAM HOUSTON STATE  
**CAMPUS  
RECREATION**

[campusrec.shsu.edu](http://campusrec.shsu.edu)

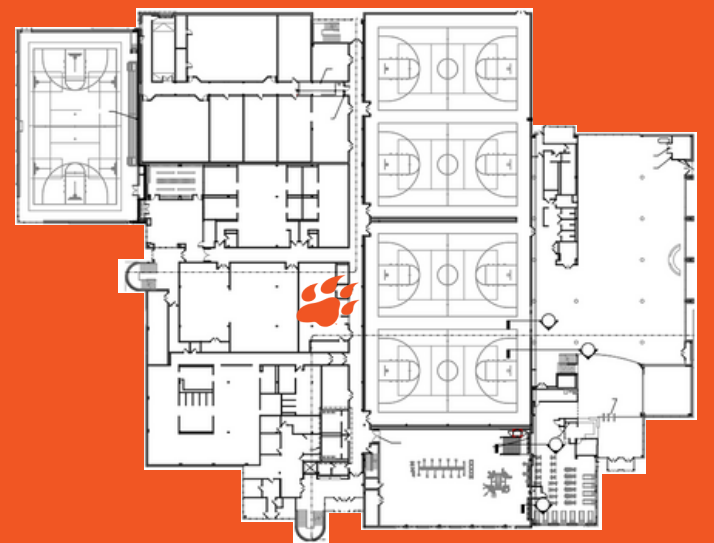


# *Campus Recreation Self-Guided Tour*

**16**

## *Equipment Issue*

The Equipment Issue Desk offers free equipment rentals for students and faculty to utilize in our facilities. Here, patrons can rent out basketballs, volleyballs, racquets, footballs, jump ropes, resistance bands, weight belts, and much more to enhance your recreation experience!



@shsucampusrec

SAM HOUSTON STATE  
**CAMPUS  
RECREATION**

[campusrec.shsu.edu](http://campusrec.shsu.edu)

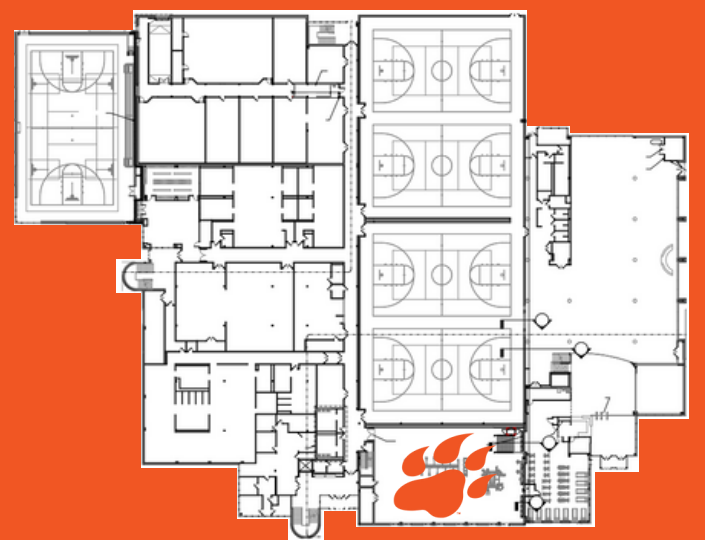
# *Campus Recreation Self-Guided Tour*

**18**

## ***Multifunctional Training***

One of the newest additions to our facility, this area features the largest rig that Matrix Fitness has ever installed! It includes new equipment like punching bags, TRX bands, monkey bars, and more!

Adjacent to the equipment is a 24 yard artificial turf that can be used for stretching, agility, and plyometrics.



@shsucampusrec

SAM HOUSTON STATE  
**CAMPUS  
RECREATION**

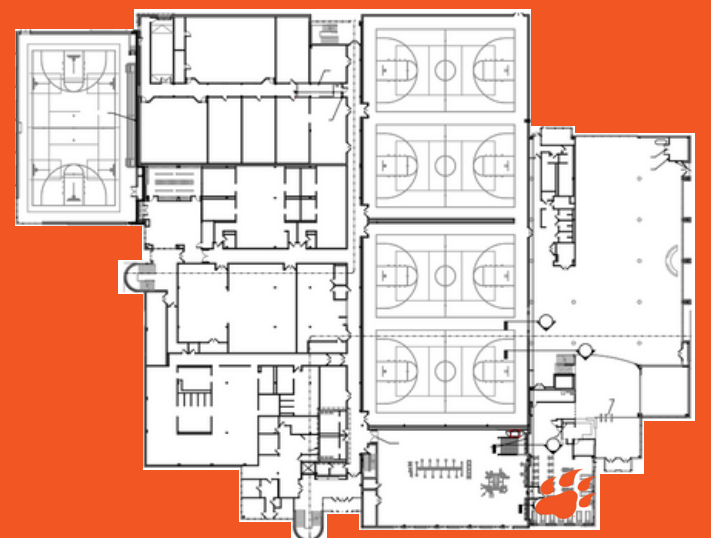
[campusrec.shsu.edu](http://campusrec.shsu.edu)

# Campus Recreation Self-Guided Tour

19

## Cardio Area

Located up the stairs from the MFT, behind the Member Services desk, our cardio area is equipped with cycle machines, rowers, and more. Ideal for those seeking a more private space for their cardio workouts than the main weight room.



@shsucampusrec

SAM HOUSTON STATE  
**CAMPUS  
RECREATION**

[campusrec.shsu.edu](http://campusrec.shsu.edu)

# ***Campus Recreation Self-Guided Tour***

**20**

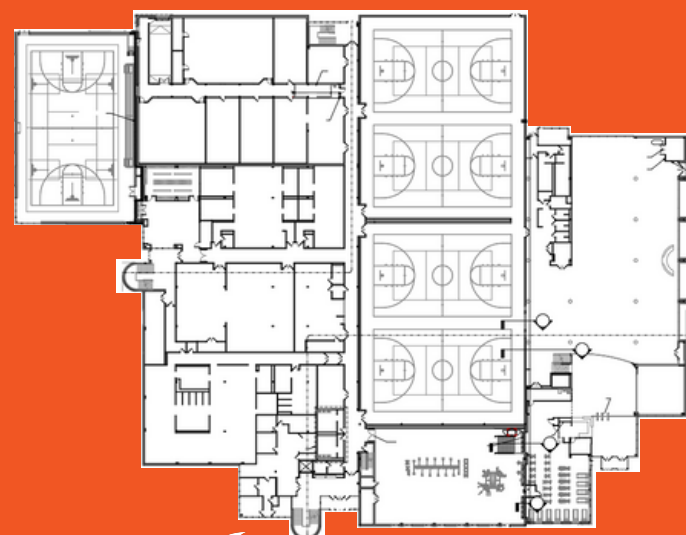
## ***Professional Offices & Meeting Spaces***

The second floor of the facility houses the Campus Recreation Offices where our professional staff can be found.

Room 247 houses the eSports events for our gamer Kats. Stop by and join the fun!

There are also a number of meeting rooms where students and Staff can host meetings for for clubs, organizations, staff trainings, and more!

TM



 *Second Floor*



[@shsucampusrec](https://www.instagram.com/shsucampusrec)

SAM HOUSTON STATE  
**CAMPUS  
RECREATION**

[campusrec.shsu.edu](https://campusrec.shsu.edu)

# *Campus Recreation Self-Guided Tour*

## *Programs*

## *Club Sports*

Club sports are sports-based organizations formed by students that can be recreational or competitive in nature. Visit our website to learn more about what clubs we currently have and how to get connected!

<https://www.shsu.edu/dept/recreational-sports/programs/club-sports/>



@shsucampusrec

SAM HOUSTON STATE  
**CAMPUS RECREATION**

[campusrec.shsu.edu](https://campusrec.shsu.edu)

# ***Campus Recreation Self-Guided Tour***

## ***Programs***

### ***Intramural Sports***

The Intramural Sports program provides you the opportunity to compete and have fun in various team and individual sports. Leagues and tournaments are organized into different skill levels so you can play against other participants with comparable skills in a relaxed recreational atmosphere. Flag football, basketball, volleyball, soccer, softball, racquetball, golf, and tennis are just a few of the sports offered.

<https://www.shsu.edu/dept/recreational-sports/programs/intramural-sports/>



@shsucampusrec

SAM HOUSTON STATE  
**CAMPUS  
RECREATION**

[campusrec.shsu.edu](https://campusrec.shsu.edu)

# *Campus Recreation Self-Guided Tour*

## *Programs*

### *Fitness*

The Fitness Program offers comprehensive activities for the Bearkat Community. Programs include Group Fitness Classes, HIIT, Circuit Training, Dance Fitness, Personal Training, Fitness Workshops, Certifications, and a variety of weight room and cardio equipment.

<https://www.shsu.edu/dept/recreational-sports/programs/fitness/>



@shsucampusrec

SAM HOUSTON STATE  
**CAMPUS  
RECREATION**

[campusrec.shsu.edu](https://campusrec.shsu.edu)

# ***Campus Recreation Self-Guided Tour***

For more information about our facility or program offerings, please visit Member Services, check our website, or follow us on social media @shsucampusrec!

***Eat em' up<sup>™</sup> Kats!***



@shsucampusrec

SAM HOUSTON STATE  
**CAMPUS**  
**RECREATION**

[campusrec.shsu.edu](http://campusrec.shsu.edu)