

# Recreation and Fitness



## On-Campus Opportunities

Special features includes multiple climbing walls, seven racquetball courts, three multi-activity gyms, two indoor tracks, a 25,000-square-foot cardio theatre and fitness center, an indoor aquatics center, an adventure center, a wellness suite, an equipment center, two outdoor courtyards and six group exercise studios.

Wellness is more than just fitness, so in addition to gym and fitness spaces, UREC also features a dining facility, a meditation room, batting cages, massage studios, as well as personal training, access to top-notch nutritionists, fitness assessments and athletic training rooms.

## Seasonal Activities in the Shenandoah Valley

- **Fall** could draw you to our on-campus arboretum or perhaps on a weekend adventure to Reddish Knob. We have gear to rent, groups for you to join and ideas to help you stay active, learn some new skills and have fun.
- **Winter** may find you zipping down the ski slopes, or tubing at nearby Massanutten Resort or one of the other popular ski resorts within an hour drive from campus.
- **Spring** is the perfect time to try out Harrisonburg's several disc golf courses, tee it up the traditional way at one of the half-dozen local golf courses or stretch your legs on a hike in the breathtaking Shenandoah National Park.
- **Summer** is a great time to explore the area, take a walk downtown, hike or bike one of the many nearby trails, or float down the Shenandoah River on a kayak, canoe or tube.

Visit [jmu.edu/recreation](https://jmu.edu/recreation) to learn more about UREC and what it has to offer.

## Club Sports

Archery	Madison Dance
Baseball	Paintball
Basketball (men's, women's)	Pickleball
Bass Fishing	Quadball
Bhangra	Raquetball
Boarderline	Roller Hockey
Brazilian Jiu-Jitsu	Rowing
Caving	Rugby (men's, women's)
Climbing	Ski and Snowboard Racing
Competitive Cheerleading	Soccer (men's, women's)
Cross Country and Track	Softball
Cycling	Spikeball
Disc Golf	Swimming
Dodgeball	Swing Dance
Equestrian	Table Tennis
Eventing	Tae Kwon Do
Fencing	Tennis
Field Hockey	Triathlon
Golf	Ultimate Frisbee (men's, women's)
Gymnastics	Volleyball (men's, women's)
Handball	Water Polo (men's, women's)
Ice Hockey	Wrestling
Lacrosse (men's, women's)	

## Intramural Sports

Battleship	Pickleball
Basketball (3-on-3 outdoor, 5-on-5)	Pool Basketball
Dodgeball	Pool Volleyball
Flag Football (4-on-4, 7-on-7)	Sand Volleyball (4-on-4)
Field Hockey	Soccer (indoor, outdoor)
Floor Hockey	Softball
Kickball	Street Hockey
Outdoor Volleyball	Ultimate Frisbee

For more information, contact  
University Recreation Center  
540-568-8732 • [jmu.edu/recreation](http://jmu.edu/recreation)