

CAMPUS RECREATION'S

FIND YOUR FIT

Welcome Week

Kick off the semester with movement, motivation, and community!

JANUARY 20-27

Join our "Find Your Fit" Challenge to explore everything Campus Rec has to offer.

- Try out new group fitness classes
- Discover your favorite workout formats
- Earn rewards just for showing up!

About this program:

Attend at least 3 group fitness classes in all of our studio locations - functional training room, group exercise room, and cycling studio, get your fitness passport stamped, and earn rewards for getting active.

Scan here to get more details.



Register for classes through
campusrec.rowan.edu



Gift Bag

- Resistance Band
- Campus Rec cup
- T shirt
- Stress Ball
- Sweat Towel
- & more!



live.learn.PLAY!

(856) 256-4900
www.rowan.edu/rec
@RowanCampusRec





Cycling
Room



Group Exercise
Room



Functional
Training Room

Punch all 3 studio location slots and hand in your card to be entered into the raffle!