

## Fitness



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

[GroupX Semester All-Access Passes](#) ▾

[Weight Room Orientations](#) ▾

[Nutrition Education - Healthy Meal Planning](#) ▾

[Wellness Works](#) ▾

### Recreational Sports

Recreational Sports  
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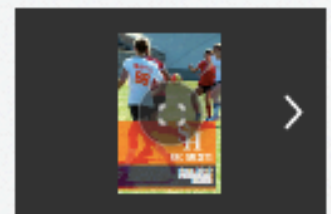
Facilities

Calendar Of Events

Staff Contacts

Memberships

### Fall '17 Program Guide



### Today's Hours

RSC Facility: 6:30 a.m. – 10 p.m.

RSC Pool: CLOSED

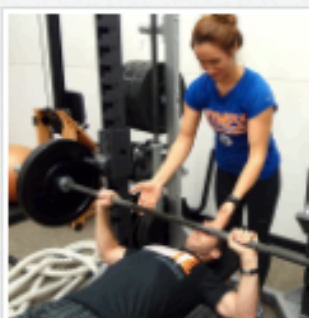
Climbing Wall: 2 – 8 p.m.



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[Staff](#)

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### Register Here

Your online connection to Rec Sports  
programs, and services.

[Go to RSConnect](#)



### Need a Job?

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#### Contact Rec Sports

936.294.1985 | [recsports@shsu.edu](mailto:recsports@shsu.edu)



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