

CAMPUS RECREATION

www.southalabama.edu/departments/campusrec/). For further information, please visit our web page or call (251) 460-6065.

The Department of Campus Recreation and Wellness (<https://www.southalabama.edu/departments/campusrec/>) strives to improve the holistic health and well-being of our entire University community. Our mission is to inspire students to play hard, get fit, and live happy, healthy lives. We want to emphasize that wellness is an active, ongoing pursuit. Campus Recreation and Wellness provides active programming designed to help South Alabama students maintain healthy habits on their individual paths toward wellness.

The path to wellness begins with our state-of-the art Student Recreation Center (<https://www.southalabama.edu/departments/campusrec/studentrecreationcenter/>) (SRC). The 116,000 square foot complex contains a cardio exercise theater and two weight rooms with selectorized machines, plate loaded machines, and free weights. The SRC houses three multipurpose basketball and volleyball courts, an indoor soccer court, four racquetball courts, and two fitness studios. Our SouthFit fitness program offers free classes to students and members of the SRC including Zumba, Spinning, and Yoga! The SRC is also home to a 35' high rock climbing wall offering challenges and excitement to climbing enthusiasts. Students can participate in Aquatics (<https://www.southalabama.edu/departments/campusrec/aquatics/>) fitness year-round by swimming laps in our indoor heated pool, relaxing in the hot tub, playing a game of volleyball, basketball, water-polo, or attending an Aqua Fitness class in our outdoor heated pool. In addition, the SRC has dry saunas inside the men's and women's locker rooms. After a good workout, students can enjoy refreshments from the smoothie bar and sit on the deck overlooking the courtyard containing beautiful heritage oak trees.

Students can explore the Mobile Delta and surrounding areas for little cost with our Outdoor Adventures (<https://www.southalabama.edu/departments/campusrec/outdoor/>) program. Outdoor Adventures offers a variety of trips each semester including canoeing, kayaking, and hiking for students and members of the SRC. The Outdoor Adventures program also offers rentals on camping equipment, kayaking equipment, and bikes, which students can rent on a semester basis.

Compete against other students on campus while building a community through sports! Our Intramural & Club Sports program offers leagues and tournaments in basketball, flag football, volleyball, softball, soccer, and more to meet your competitive edge. The Intramural Sports Complex (<https://www.southalabama.edu/departments/campusrec/southsports/>) is home to six lighted multipurpose playing fields, an outdoor sand volleyball court, and an outdoor basketball court.

Research shows a strong correlation between enhanced mental wellbeing and participation in activities based in an outdoor and relaxed environment. We're fortunate that South Alabama has outdoor areas to get you moving along our beautiful campus. The Jag Fitness Trail is a mile and half trail allowing for each person to incorporate the strength, balance, and flexibility training with the cardio workout of the trail itself through three fitness stations. The Glenn Sebastian Nature Trail (GSNT) is a 100-acre wooded area on the north side of campus with one-, two-, and three-mile paths. The GSNT is lined with informational signage highlighting different plants and animals that you may see along the way, offering a beautiful and informational fitness experience.

All members of our university community are encouraged to take advantage of the wonderful opportunities for fun and fitness offered through the Department of Campus Recreation and Wellness (<https://www.southalabama.edu/departments/campusrec/>).