

fitness & wellness

LIVE WELL // GET RESULTS // FIND BALANCE // BE INSPIRED



RUTGERS
Student Affairs



- 5 Fitness Centers
- Fitness Classes
- Olympic Lifting
- Personal Training
- Massage Therapy
- Running
- Certifications
- Small Group Training



● FREE FITNESS AND WELLNESS CLASSES FOR UNIVERSITY STUDENTS!

Get unlimited access to **over 100** classes per week! Classes are provided on all four campuses.

● SPECIALTY CLASSES

Each semester classes are offered in dance, yoga & meditation, self defense, running, and more!

// Visit rec.rutgers.edu for full class schedule.

RUFIT

SPINNING

ZUMBA
FITNESS

LES MILLS
BODYPUMP

LES MILLS
GRIT SERIES

TRX YOGA

GET RESULTS

- PERSONAL TRAINING
- SMALL GROUP TRAINING
- **InBody**® ASSESSMENTS
- FITNESS CHALLENGES
- FITNESS CENTER ORIENTATIONS

GET CERTIFIED

Fitness certifications and student instructor training opportunities are available.



● MASSAGE THERAPY & SPA SERVICES

Find balance with our convenient and affordable massage, facials, and eye/lip threading.

● WELLNESS ON THE GO

We bring our wellness services to you - chair massage, fitness and wellness classes, workshops, henna artists, paraffin treatments, **InBody**® assessments, and more! Schedule us for your next campus event at rec.rutgers.edu

// Wellness Suites are located at the Livingston and Cook/Douglass Recreation Centers.