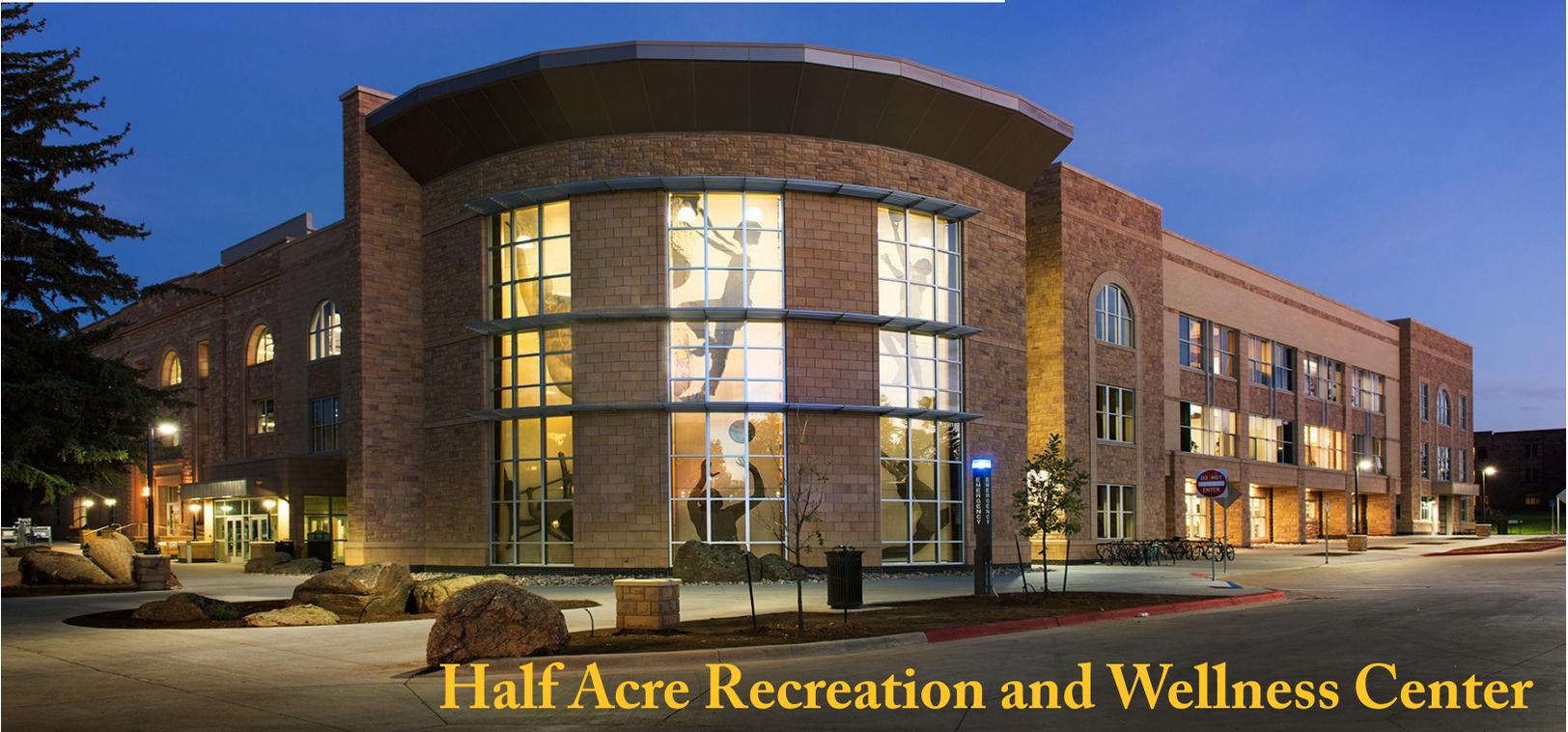




UNIVERSITY
OF WYOMING



Half Acre Recreation and Wellness Center

Cardio & Weight Training Area

- Treadmills
- Elliptical Trainers
- Exercise Bikes
- Free weights
- Machine weights
- TRX training area

Climbing & Bouldering Wall

- 38' freestanding tower
- Top rope teaching area
- Bouldering wall

Wellness Center

- Athletic training
- Personal training
- Massage therapy
- Weekly educational workshops
- Integration of many aspects of holistic wellness

Swimming Pool

- 25 yard pool
- Shallow end for exercise classes and recreational swim
- 15-person spa

Locker Rooms

- New men's and women's locker rooms
- Express locker rooms
- New steam rooms

Outdoor Program Space

- Equipment rental center
- Bike library
- Bike and ski tuning area
- 15 minute parking for equipment pick up/drop off

Indoor Track

- 1/8 mile four lane track

Court Sports

- Historic Gym: Three basketball/volleyball courts or six badminton courts
- MAC Gym: Two basketball/volleyball courts, one indoor Futsal court or four badminton courts
- Four glass wall racquetball courts with one convertible squash court

Fitness Rooms

- Two large multipurpose fitness rooms
- Cycling studio
- Dance studio
- Mind/body studio

Classroom

- Advanced technology systems
- Flexible for different class sizes/configurations

CAMPUS RECREATION PROGRAMS

uwyo.edu/rec



Open Recreation | 307-766-3370

The recently renovated and expanded Half Acre Recreation and Wellness Center is the primary facility for Open Recreation. The UW campus community can take advantage of a vast selection of state-of-the-art cardio and weight training equipment, an indoor track, climbing wall and bouldering area, and indoor courts for racquetball, basketball, volleyball, Futsal and badminton. Members can attend any of the 60 group fitness classes offered each week. The updated swimming pool area, which includes a heated spa, is available for lap swim, swim lessons, and water aerobics.



Outdoor Program | 307-766-2402

The Outdoor Program offers more than 100 different programs, clinics and outings annually. The rental center provides over 35 types of outdoor equipment including bikes, winter and water-based recreational equipment, and camping equipment for very reasonable rates. The Outdoor Program also offers wilderness-based orientation programs for incoming freshmen, and a variety of outdoor leadership development opportunities for UW students.



Intramural Sports | 307-766-4175

The Intramural Sports program organizes over 50 different events each year with routine offerings such as basketball, football, soccer and volleyball as well as non-traditional sports such as tube water polo, paintball, whiffle ball, and battleships. From leagues with over 100 teams to smaller one-time events, there is something for everyone to enjoy. Most Intramural events are free of charge to students, faculty, staff and spouses with a Campus Recreation membership.



Club Sports | 307-766-6396

The UW Club Sports program provides students the opportunity to participate in competitive sport contests against intercollegiate teams, with an emphasis on student leadership, development and involvement. The program currently involves almost 600 student-athletes in 21 distinct sports including: badminton, baseball, cricket, cycling, fencing, equestrian, men's hockey, fast-pitch softball, men's and women's lacrosse, men's and women's soccer, tennis, women's volleyball, men's and women's rugby, shotgun sports, racquetball, triathlon, water polo, and nordic ski.



The Wellness Center | 307-766-9355

The Wellness Center works collaboratively with many campus departments to promote policies and activities that foster a culture of wellness and a healthy campus community. Using a holistic approach to health, Wellness Center staff work to support students in multiple dimensions of wellness. Some of the services and programs offered by the Wellness Center include stress reduction workshops, cooking classes, massage therapy, athletic training, personal training, blood pressure checks, and weekly educational workshops.

SOMETHING FOR EVERYONE