

Tuesday, April 15, 2008

Alumna Judy Evans recognized for loyalty to Rec Center

February was membership appreciation month at the Oakland University Recreation Center. During this time, select members were recognized for their loyalty and the example they display by leading active and healthy lifestyles. One of the nominated members is alumna Judy Evans, SECS '87.

Evans has been a loyal member of the **Oakland University Alumni Association** since 1996 and is a charter member of the OU Recreation Center, which opened its doors in 1998. Evans said the Recreation Center membership discount has been a great incentive for her to be a part of the OUAA.

Evans is a very active person who enjoys many seasonal activities like hiking, horseback riding and skiing. Her main goal for being a Recreation Center member is to stay in shape for her annual ski trips. She recently spent time skiing in Switzerland, and has even been dropped off at a mountain top by helicopter to do some backcountry skiing.

The Rec Center is convenient for Evans to stay in shape for these activities because she works at Fanuc in Auburn Hills. Evans participates in the group exercise classes, and uses many of the cardio and strength machines in the fitness center. Evans works out about two to three times a week before ski season and throughout the year she visits to stay in shape.

"I would encourage more alumni to join the OU Rec Center. It's not just a place for students. There are many faculty, staff and alumni that work out at the Rec Center. I feel very comfortable here," Evans said.

For more information on OU's Rec Center and the programs, visit the **Recreation Center** Web site.



Judy Evans

SUMMARY

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