

Tuesday, May 20, 2008

Rec Center offers deals for summer

The Oakland University Recreation Center is offering discounted summer memberships to OU students not taking summer classes and faculty, staff and **OU Alumni Association** members. Special summer memberships are also available for community members. All memberships include full use of the track, exercise room, 50-meter pool, spa, racquetball courts, squash court, basketball courts and aerobics studio. The membership also includes approximately 15 group exercise classes per week.

Membership specials for summer:

- Students not taking summer classes, \$100
- OU faculty and staff, \$135
- OU Alumni Association members, \$150
- OU alumni, \$165
- Community members, \$165

Summer semester memberships run May 5 through Sept. 2, 2008. Trial half-semester memberships are also available.

The Rec Center is also offering specialized exercise programs throughout the summer for an additional cost.

Personal training, buddy personal training and pilates reformer training are available. The cost of 10 group personal training sessions is \$120 for students with a Rec Center membership and \$150 for non-student Rec Center members. Group personal training is offered Monday and Wednesday or Tuesday and Thursday from 5:30 to 6:30 p.m., May 12 through June 15. For more information call (248) 370-4911 or e-mail rupascua@oakland.edu.

The Recreation Center also will be offering American Red Cross Health and Safety Classes this summer. Classes being offered include CPR/AED Training, First Aid, Lifeguard Training and Water Safety Instructor Training. Classes are open to anyone however, there is a maximum of 10 participants per class. For more information on dates and times, visit the **Recreation Center** Web site.

The Recreation Center observes special hours for the summer semester. The Rec Center is open Monday through Thursday from 5:30 a.m. to 10 p.m., with the Aquatic Center closing at 9 p.m. The Rec Center is open 5:30 a.m. to 8 p.m. on Friday with the Aquatics Center closing at 7:30 p.m. On Saturday and Sunday, the Rec Center is open 9 a.m. to 8 p.m., and the Aquatics Center closes at 7:30 p.m.

For more information, visit the **Recreation Center** Web site.

SUMMARY

The Oakland University Recreation Center is offering discounted summer memberships to OU students not taking summer classes and faculty, staff and OU Alumni Association members. Special summer memberships are also available for community members. All memberships include full use of the track, exercise room, 50-meter pool, spa, racquetball courts, squash court, basketball courts and aerobics studio. The membership also includes approximately 15 group exercise classes per week.

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