



Scan code for our website

[gvsu.edu/rec/blog](http://gvsu.edu/rec/blog)

[gvsu.edu/rec/newsletter](http://gvsu.edu/rec/newsletter)

[gvsu.edu/rec/stories](http://gvsu.edu/rec/stories)



@gvsurecwell

@gvsuclubsports



connect  
with  
us





## OUTDOOR ADVENTURES

[gvsu.edu/rec/outdoors](http://gvsu.edu/rec/outdoors)

- Bike services & maintenance
- Climbing Center
- Educational workshops/trips
- Outdoor equipment rentals
- Wilderness medicine
- Virtual offerings



## FITNESS

[gvsu.edu/rec/fitness](http://gvsu.edu/rec/fitness)

- Adult Swim Lessons
- CPR & First Aid
- Group Exercise
- Personal Training
- Small Group Training
- UFit
- Virtual Offerings

## STUDENT WELLNESS

[gvsu.edu/studentwellness](http://gvsu.edu/studentwellness)

- Health Promotion
- Injury Care Clinic
- Nutrition
- Massage
- Peer Wellness (WIT)
- Sexual Health
- Virtual offerings



## INTRAMURAL SPORTS

[gvsu.edu/rec/imsports](http://gvsu.edu/rec/imsports)

- 3,000+ participants annually
- Year-round league offerings and sports vary by semester
- Co-rec, men's, women's, or open competition
- Virtual offerings

## CLUB SPORTS

[gvsuclubsports.com](http://gvsuclubsports.com)

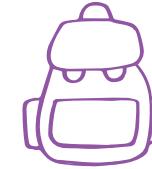
[@gvsuclubsports](http://@gvsuclubsports)

- 1,700+ athletes annually
- 50+ competitive and recreational club sports
- One of the largest programs in the country
- University-recognized student organizations
- Compete regionally and nationally
- Cost and time commitment varies by sport

## UNIFIED SPORTS

[gvsu.edu/rec/unified](http://gvsu.edu/rec/unified)

- Special Olympic athletes and GVSU students, faculty, and staff playing
- Day events and leagues offered
- Builds friendship and social inclusion



## STUDENT DEVELOPMENT

[gvsu.edu/rec/employment](http://gvsu.edu/rec/employment)

- 130+ student staff
- Conferences, workshops, and training
- Employment and internships
- Leadership and teamwork
- Mentorships and fieldwork
- Professional and career development
- Training and certifications

## EVENTS & PARTNERSHIPS

[gvsu.edu/rec/events](http://gvsu.edu/rec/events)

[@gvsu.edu/rec/sponsor](http://gvsu.edu/rec/sponsor)

- Climbing Competitions
- Exam Cram
- Exercise is Medicine Walk
- Family Weekend 5K
- Glow Events
- Love Your Body Week
- Outreach Education
- RecFest
- Wellness Fair
- Virtual offerings

## ATHLETIC & REC FACILITIES

[gvsu.edu/recfacilities](http://gvsu.edu/recfacilities)

- Fieldhouse Arena
- Kelly Family Sports Center
- Outdoor Courts & Fields
- Pool
- Recreation Center