

FITNESS AND RECREATION

Fitness and Recreation provides facilities, programs, and services for the University community to promote a healthy lifestyle and encourage well-being through physical activity. Full-service fitness facilities are located on each campus. Each facility has an assortment of cardio and strength training equipment as well as a locker room with a shower and changing area. Enrolled students, with a valid TWU ID, are granted membership and access to the fitness center at no additional cost because of their student fees. Faculty and staff may pay a monthly fee or sign up for payroll deduction to become a member. Members may access the facilities on any of the three campuses.

The fitness center on the Denton campus includes group exercise studios, a full-size gymnasium, a 30-foot climbing wall, a student lounge with a large-screen TV, a gaming and e-sports lounge, an indoor swimming pool, and tennis courts. Other services and programs, including intramural sports, personal training, and outdoor adventure trips, are available to students for a nominal fee. For more information, contact Fitness and Recreation (<http://www.twu.edu/fitandrec/>) at 940-898-2900. The fitness facilities at the Dallas and Houston campuses are equipped with treadmills, ellipticals, steppers, stationary bicycles, free weights, and assorted strength training machines. Various classes, recreational programs, and special events may also be offered throughout the year. For more information, contact Dallas Student Life (<http://www.twu.edu/student-life-dallas/>) at 214-689-6697 or Houston Student Life (<http://www.twu.edu/student-life-houston/>) at 713-794-2157.