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Take advantage of everything we have to offer at Bourgeois Hall

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Facilites

Bourgeois Hall

Bourgeois Hall is packed with space for you to let loose and have fun. We have 4 basketball courts with 12 baskets to shoot on, 9 racquetball courts with everything you need to play, and 12 outdoor tennis courts to perfect your game on. Want to work on your spike? We always have a volleyball net up for you to practice on. Our basketball courts also double as badminton courts, if you want to play let us know and we'll make it happen! Need to go for a run? Take 8 laps around our indoor track and you'll have a mile. Bourgeois is also home to our huge 32,000 sqft fitness center that's filled with free weights, machines, cardio equipment, and plenty of space to stretch. Whatever you need, we are here for you at Rec Sports.

Fields and Courts

Outside of Bourgeois Hall we have acres of fun for you to enjoy. Bourgeois Park is home to Intramurals most nights but during the day it's open for play, so take to the field or jump on one of our two outdoor basketball courts. Want to go for a run? Hit the trail, Bourgeois Park has a 1/2 mile and 3/8 mile lit running trail just for you. Need even more space? Head over to our fields on Coliseum Road and you'll find over 17 acres of green grass.

Fitness Center

Get fit at Rec Sports! Our fitness center has it all. The Cardio Loft is loaded with treadmills, elliptical's, bikes, stair steppers, TRX and more. On the main floor you can build some serious muscle on our two full-circuits of machines or really test your strength in search of big gains in the free weights area. Can you move big weight? We have two Olympic platforms with full sets of bumper plates for you to clean, jerk, and snatch. To see more check out our Fitness page for more details or drop in for a workout during our regular hours.

Our training studio has grippy rubber floors, 20 yards of turf with integrated agility ladders and yard markers and huge amounts of space small group trainings, personal training sessions, and all of your favorite Group X classes. Classes can utilize barbells, kettlebells, resistance bands, Bosu balls, med balls, and more!

Student Aquatic Center

Come by the Student Aquatic Center! We have more to offer than swimming laps and lounging in the sun. The Student Aquatic Center has a sand volleyball court and water volleyball for you to play anytime! We also have a current channel for you to relax in on a lazy afternoons or to challenge yourself during a recovery workout. Take a look at our Aquatics page to see everything our

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