

UAB THE UNIVERSITY OF ALABAMA AT BIRMINGHAM

UNIVERSITY RECREATION

MONTHLY NEWSLETTER - FEBRUARY 2020



Enroll your child in UAB UREC Spring Day Camps!

If you're working on Valentine's or President's day and need a fun, safe place to keep your children, don't forget about our Spring Day Camps. This is a great opportunity for your children to explore adventure sports, exciting crafts, aquatic activities and everything Campus Recreation has to offer under one roof. The age range for Day Camps is 5-12 years of age. We will even provide them with snacks, but campers will need to provide their own lunch!

Dates: February 14th & February 17th

Price: \$40/day for UAB affiliates | \$50/day for non-affiliates

Schedule: 9:00 am - 4:00 pm

For more details, please visit our [website](#) or contact us via [email](#).

Contact Us

Wednesday
February 5, 2020
10:00am–2:00pm

America's First Federal Credit Union
Presents



Be sure to check out our 16th annual Health and Wellness Fair
in the Campus Recreation Center!
Vendors from across UAB and throughout Birmingham
will be in attendance to promote their services.
Many will be providing information materials,
free giveaways and even various health-related screenings.

This event is
FREE for all!
No registration required
Just show up!

Sponsored by



Join Us For The 16th Annual Health & Wellness Fair!

University Recreation will be hosting the 16th annual Health and Wellness Fair on February 5th from 10:00 am - 2:00 pm at the Campus Recreation Center!

The Health and Wellness Fair is always a great place to meet vendors in relation to health and wellness from across UAB and throughout Birmingham. You can expect to gather wellness related information materials, free giveaways, and even participate in various health-related screenings.

For more information please visit our [website](#).

Contact Us

Spring Break BOOT CAMP

February 3–March 13
Mondays and Fridays
Studio 4 at 4:00pm
Registration Deadline: February 3

[CLICK HERE FOR MORE INFORMATION](#)

Get Ready For Spring Break with Our Spring Break Bootcamp!

We are looking for 4-8 dedicated participants who are looking to get in shape for Spring Break. Our Spring Break Bootcamp will have an emphasis on sculpting the body by building a strong foundation in each participant. Programming will be modified to best fit the needs and desires of the participants in the group. All participants will receive a tailored fitness plan for their personal use at the end of the program.

Please contact fitness@uab.edu with any questions.
You can register and reserve your spot at the Membership Services Desk, [online](#), or by calling us at 205.996.5038

[Contact Us](#)

CLICK HERE

FOR MORE INFORMATION

	Monday 6:15a-7:00a	Tuesday 12:00p-12:45p	Wednesday 6:30p-7:15p
MON	Gabby	Brandon	Brandon Grace
TUE	Kelcie	Cade	Sheri Alex
WED	Ser D	Winston	Lulu
THUR	Andrew	Cade	Alex
FRI	Dylan	Brandon	Brandon
SAT	Winston Brandon Lulu		

F46 Training

NO PARKING: CHECK OUT THE DIGITAL COPY OF THE SCHEDULE ON OUR SCAN BARCODE PAGE APP OR ON OUR WEBSITE.
For more information and disability accommodations, contact Membership at membership@uab.edu

Have YOU Tried F45?!

Are you ready to change your workout routine? YES?!?

Sign up for F45!

F45 Training merges three separate leading-edge fitness training styles into one, consummate and compelling group training experience for its participants. F45 Training combines elements of High-Intensity Interval Training (HIIT), Circuit Training, and Functional Training.

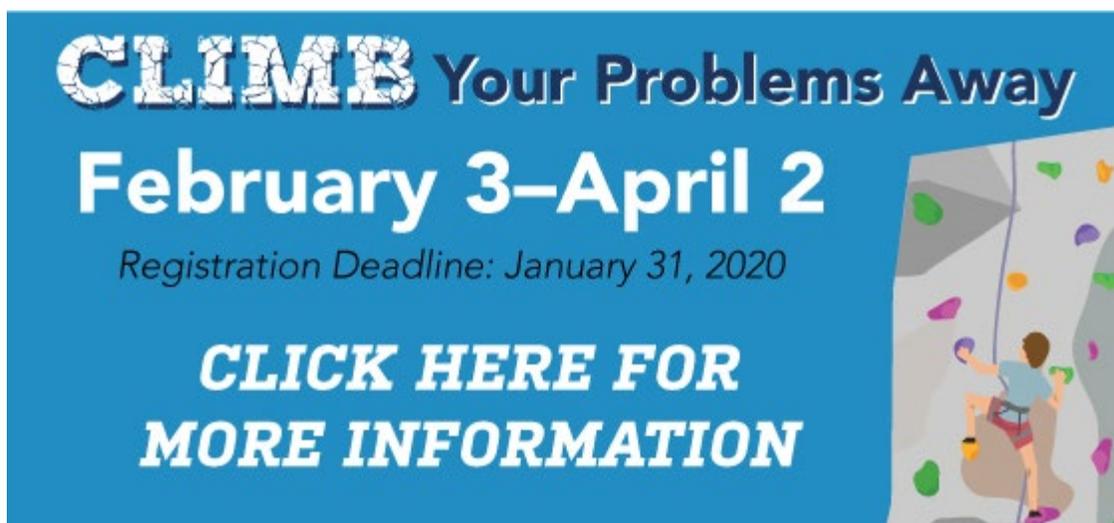
The Spring 2020 schedule is here! Passes are required to join in on this action. We offer pass packages in 1, 5, 10, 25, as well as an **unlimited** option!

The most popular option is the unlimited semester pass at just \$110 for students and \$160 for UAB UREC members. Unlimited means that you can take as many classes as you want for the entire semester! However, these passes will need to be renewed at the start of each semester.

You can purchase passes in person at the Membership Services Desk, over the phone at 205-934-8224 OR on the [UAB Campus Recreation App](#). Come see what our F45 community is all about!

For more information, please visit our [website](#).

Contact Us



CLIMB Your Problems Away
February 3–April 2
Registration Deadline: January 31, 2020

**CLICK HERE FOR
MORE INFORMATION**



Are you up for a challenge?

Climbing Your Problems Away is an 8-week challenge at the Climbing Wall. UAB Climbing Wall staff will set a new problem each week for the challenge. To participate, members will need to register beforehand and post a picture on Instagram each week of them climbing the problem while using the hashtag **#climbaway** and tagging UAB UREC.

At the end of the 8-week program, each participant will have the opportunity to win a trip to Horse Pens 40, that will be held on April 4th, 2020. **The first 20 people to complete the Climbing Your Problems Away challenge, and fill out all of the necessary paperwork, will go on the Horse Pens 40 trip!**

For more information, please visit our [website](#) or contact us via [email](#).

Contact Us



TRIP SERIES
OUTDOOR PURSUITS

**Tumbling Rock
Caving**
February 22

Registration Deadline: Feb. 14

Join Outdoor Pursuits
on a trip of a lifetime,
sign up today to reserve a spot!

**CLICK HERE
FOR MORE
INFORMATION**

Join Our Next Adventure to Tumbling Rock!

Dive deep into the Earth with University Recreation to uncover one of the coolest caves this country has to offer at Tumbling Rock Cave Preserve! You will get to explore the world beneath our feet in this fun and exciting adventure!

Where: Tumbling Rock Cave Preserve, Fackler, AL

Trip Date: Saturday, February 22nd

Fees: Students - \$40 : Non-Students: - \$45

Deadline: Friday, February 14th

Pre-Trip Meeting: Tuesday, February 18th @ 6pm in the Outdoor Pursuits Rental Office

For more information, please visit our [website](#).

Contact Us

URec Program Highlight

Rec Swim School is Here!

A promotional graphic for the Spring 2020 URec Swim School. The background is a light blue gradient. At the top, it says "JUST KEEP SWIMMING" in yellow and black. Below that, "SPRING 2020 UREC SWIM SCHOOL" is written in red and black, followed by "JANUARY 15 - APRIL 25" in yellow. Underneath, "PRICES:" is written in yellow, with "\$40 MEMBERS | \$50 NON-MEMBERS" in white. At the bottom, a dark blue banner contains the text "CLICK HERE FOR MORE INFORMATION!" in white, and "Visit member services or our website: uab.edu/urec to register!" in smaller white text.

Join us for our next round of Rec Swim School! Our next period of lessons begin February 12th. We have classes for 6 months to adults. Enroll now and join in on the fun!

For more information please visit our [website](#) or contact us via [email](#).

Contact Us

Click here to check out our Spring Semester UFit schedule!

A graphic for the Spring Semester UFit schedule. It features a dark background with a grid of class times and names. The text "CLICK HERE FOR MORE INFORMATION" is written in green on the left side. The grid is titled "UFit Schedule" and "SPRING 2020: Jan 13-May 1".

The Spring UFit schedule, which runs January 13th through May 1st, is now available and can be viewed on our UAB University Recreation website and mobile app.

Spring into fitness this upcoming semester with a cycling class, small group HIIT class or try out your moves in one of our dance classes. There's something for everyone!

Contact Us



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RECREATION

The University of Alabama at Birmingham



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