

## WEST GEORGIA OUTDOORS

West Georgia Outdoors (WGO) is home to a wide variety of adventure opportunities for students, faculty, and staff including an adventure trips program, indoor rock climbing wall (48 ft high) that is part of student fees and employee benefits, and an equipment rental center located by the back HPE gym on the right.

Through these outlets, WGO seeks to provide opportunities for the UWG community to find adventure, challenge, and growth. Thus, allowing individuals to push their personal limits, step out of their comfort zones, and embrace life as a wolf.

For more West Georgia Outdoors information, contact [wgo@westga.edu](mailto:wgo@westga.edu) or visit [westga.edu/urec](http://westga.edu/urec).

## CAMPUS CENTER/EVENTS

University Recreation manages the 131,000 sq ft facility known as the Campus Center. Within the Campus Center, students can find an array of activities available for their health and wellbeing including indoor courts, indoor track, fitness equipment, group fitness studios, game room, eSports gaming arena, climbing wall and the WGO rental center. Bring an active UWG ID for access to all areas.

Additionally, the Campus Center hosts more than 1,800 events annually. It offers a variety of rental spaces for student-engagement and student-held events. Examples include pageants, organization meetings, dance competitions, fraternity and sorority events, etc. The full ballroom is 7,000 sq ft and can be separated into different arrangements to meet a variety of needs for registered student organizations, departments, and community-approved events. The Campus Center invites students to take advantage of our unique spaces for their organizations. Student organizations' and departments can log in via [westga.edu/reservewest](http://westga.edu/reservewest) to request Campus Center space.

UREC is always looking for quality students to work for the facilities and events teams and hire periodically throughout the semester. More information is at [westga.edu/urec](http://westga.edu/urec) and questions can be emailed to [urec@westga.edu](mailto:urec@westga.edu).

# UNIVERSITY RECREATION: WHO WE ARE



[westga.edu/urec](http://westga.edu/urec)

## CLUB SPORTS

The club sport program offers several competitive sport-focused student organizations. From Bass Fishing to Equestrian and many more, these club teams practice and travel to compete against other universities in league matches, state and regional tournaments, as well as national association competitions. Please visit [westga.edu/urec](http://westga.edu/urec) to learn what clubs are currently active and how to get involved today.

For more information on club sports, please visit [westga.edu/urec](http://westga.edu/urec) or contact [imsports@westga.edu](mailto:imsports@westga.edu).

## FITNESS & WELLNESS

The Fitness & Wellness program offers group fitness classes, small group trainings, personal training sessions, wellness programs and special events. Events may include powerlifting & strength competitions, dance parties, wellness expos, and more. They also offer a unique Functional Training area where patrons can drop in and use equipment designed to engage the full body.

The wellness mini-series is offered every third Wednesday of the month. These events seek to provide practical ways of improving personal, holistic health.

Group fitness includes yoga, cycling, barre, dance, kickboxing, HIIT, strength, and core-based classes. Register online at [myrec.westga.edu](http://myrec.westga.edu) for classes.

Come work for fitness and wellness as a fitness specialist, which includes group fitness instructors and personal trainers. No experience necessary, training will be provided.

For more FitWell information, contact Drew Powell at [wpowell@westga.edu](mailto:wpowell@westga.edu) or visit [westga.edu/urec](http://westga.edu/urec).

## RECREATIONAL SPORTS

Recreational Sports is a great way to compete against fellow wolves in different sports throughout each semester. The program offers sport leagues and tournaments for all currently enrolled students, faculty, and staff. Sports offered include flag football, basketball, volleyball, and even the alpha pack non-traditional sports such as spikeball, eSports, and ultimate frisbee. Patrons can play on a women's, men's co-rec, or open team. All skill levels are welcome and there is something for everyone within Recreational Sports.

Any student who wishes to become a sport official can apply with NO prior officiating experience. All officials are trained for each sport, consistently evaluated for improvement, and learn skills such as confidence, conflict resolution, and teamwork along the way.

Visit [westga.edu/urec](http://westga.edu/urec) or contact [imsports@westga.edu](mailto:imsports@westga.edu) for more information on sport offerings or employment.