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September
2021

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UB Recreation Newsletter

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Unplug & Play

Giant, life-size games will create an inclusive, low stress environment that will allow fun competition. Unlike basketball, baseball, and other sports, Jenga, Corn Hole and Connect-4 do not require a specific sport skill set; again creating an inclusive environment.

DETAILS

Date: Every Tuesday*

Time: 11:00AM - 2:30PM

Where: Throughout the Alumni Arena Foyer

Come out and throw a few bean bags or try a game of chess; disengage from your phone or computer and have some fun with others. No registration necessary. Games will operate on a first-come, first-serve basis.

**Hours are Subject to Change.*



Open REC

Open REC times vary week to week, depending on scheduled events. Open REC can include: Open Swim, Open Gym, Fitness Center, Jogging Track & Other Programming.

During the hours of Open REC, you can utilize the swimming pools, various gym spaces, fitness centers and programming offered at both Alumni Arena and Clark Hall. Open Gym time can be used to play basketball, badminton, soccer and a variety of other activities.

Hours of Operation

**Hours are subject to change.*

ALUMNI ARENA | Ed Wright Practice Facility

Monday-Friday | 5:00pm – 7:00pm

Saturday | CLOSED

Sunday | 11:00am - 5:00pm

CLARK HALL | Main Gym

Monday-Friday | 8:00am - 5:45pm

Saturday & Sunday | CLOSED

CLARK HALL | Small Gym

Monday-Thursday | 8:00am - 10:00pm

Friday | 8:00am – 9:00pm

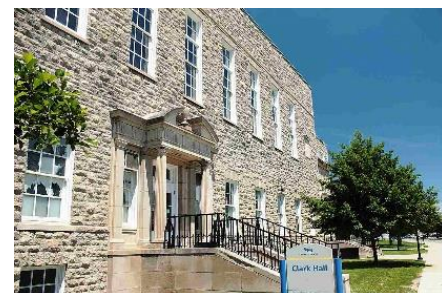
Saturday & Sunday | CLOSED

For programming and area specific hours, please visit our website:

buffalo.edu/recreation



ALUMNI ARENA
North Campus



CLARK HALL
South Campus

more this month >>>

Intramural Sports offers a wide variety of activities for our students, faculty, staff, alumni and the community. We cater to the needs of the competitive spirit in our patrons by providing safe and structured sports leagues. While we do keep track of wins and losses and declare a champion at the end of it all, it is important to keep in mind that the most important aspect we offer is fun!

The Fall 2021 Intramural Sports season will feature the following sports:

- 5v5 Basketball
- Flag Football
- Floor Hockey
- Indoor Soccer
- Outdoor Soccer
- Volleyball

UB Intramurals utilizes IMLeagues.com to register and schedule its intramural sports leagues. IMLeagues is a website specifically designed for college intramural sports departments. A few of the features include online sign-up and scheduling, customizable team pages, message boards, and much more.

REGISTRATION OPEN: 9/15/2021 – 9/23/2021

For more information on the Intramural Sports Schedule and How to Register, please visit our website: buffalo.edu/recreation/services/intramural-sports.

Intramural Sports



<<< let's move!

Fall 2021 Group Fitness

UBRec Fitness will once again be offering in-person fitness classes for the Fall 2021 semester. We will be offering four unique fitness class series, taking place on North Campus. Classes will be held weekly following the UB academic calendar.

Fall 2021 Classes:

- NEW! Cardio Sport
- Yoga
- Zumba
- Pilates

Come join us, as we safely move back to in-person classes to promote health and wellness to our UB population and community. Permits will give you access to all series and classes, including the virtual options.

As per UB, facemasks will be required for all patrons indoors.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
NEW! Cardio Sport 12:45pm-1:30pm AA 75 w/ Jessica	Yoga 4:30pm-5:30pm AA 144 + Zoom w/ Lauren	NEW! Cardio Sport 12:45pm-1:30pm AA 75 w/ Jessica	Yoga 4:30pm-5:30pm AA 144 + Zoom w/ Lauren
	Zumba 5:00pm-6:00pm AA 75 + Zoom w/ Akemi		Zumba 5:00pm-6:00pm AA 75 + Zoom w/ Akemi
	Pilates 6:30pm-7:30pm AA 144 w/ Jeana		Pilates 6:30pm-7:30pm AA 144 w/ Jeana