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BUFFALO

buffalo.edu/recreation

UB Recreation Newsletter

current topics >>>

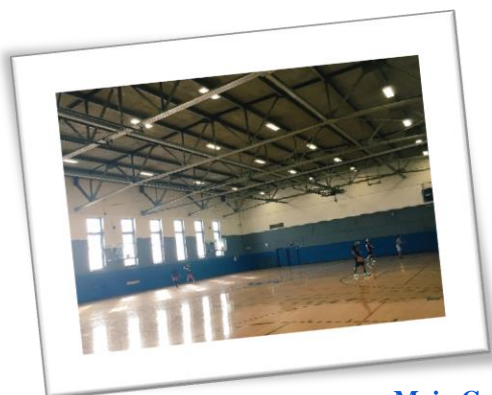
Open REC

Open REC times vary week to week, depending on scheduled events. Open REC can include:

- Open Swim
- Open Gym
- Fitness Center
- Jogging Track
- Programs

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.



Main Gym
Clark Hall

Welcome Back!

Classes are back in full-swing at UB and the campus is feeling alive! We are here to serve you; UB Students, Faculty/Staff and Community, and we are committed to helping you make positive changes in your lives through our diverse wellness continuum.

Diversity and inclusion are at the core of what we do. We provide a variety of programs and services that creatively meet the needs of our diverse student body and professional staff. We provide a secure and accessible environment where we adhere to the highest quality of safety and customer service.

For interest in REC Courses, Aquatics Programming, the Bulls Team Shop, CPR Training, Fitness Classes, Intramural Sports or Open Recreation, please visit our website for more information: buffalo.edu/recreation.

Hours of Operation

Recreation is operating on Regular Hours from Monday, August 26th – Friday, December 6th, 2019.

Building Hours are as follows:

ALUMNI ARENA

Mon-Fri | 6:00am - 11:45pm
Sat & Sun | 10:00am - 7:45pm

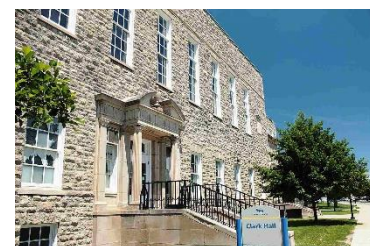
CLARK HALL

Mon-Fri | 7:00am - 10:45pm
Sat & Sun | 12:00pm - 5:15pm

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 2019 Intramural Sports season will feature the following sports:

- 5v5 Basketball
- Flag Football
- Floor Hockey
- Indoor Soccer
- NEW! Kickball
- 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.

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

Intramural Sports



Fall 2019 Class Schedule

<<< group fitness

Group Fitness Classes run from 8/26/19 through 12/6/19. NO Classes on 9/2/19 and 11/27/19-11/30/19. Schedule subject to change.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|---------------------------------|
| Power Yoga 11am-11:50am AA75 | Indoor Cycling 4:30pm-5:30pm AA 145 | Power Yoga 11am-11:50am AA 75 | Hatha Yoga 5pm-6pm AA 144 | HIIT 6pm-7pm AA 75 |
| PiYo 12pm-12:50pm AA 144 | HIIT 5:30pm-6:30pm AA 75 | Cardiokick 12pm-12:50pm AA 75 | Muscle Makeover 6pm-7pm AA 75 | |
| Buti Yoga 5:30pm-6:30pm AA 144 | Indoor Cycling 6:30pm-7:30pm AA 145 | Indoor Cycling 4:30pm-5:30pm AA 145 | Indoor Cycling 6:30pm-7:30pm AA 145 | |
| Core De Force 6pm-7pm CH 117 | Pilates 6:30pm-7:30pm AA 144 | Buti Yoga 5:30pm-6:30pm AA 144 | Cardiokick HIIT 7:30pm-8:30pm AA 75 | |
| Zumba 6:30pm-7:30pm AA 75 | | Cardiokick 6pm-7pm CH 117 | | |
| | | Zumba 6:30pm-7:30pm AA 75 | | |