

Intramurals, Recreation, and Club Sports

The Director of Campus Recreation, Intramurals and Club Sports provides for the organization and participation of intramural teams in various sports, including touch football, lacrosse, basketball, beach volleyball and soccer. Because of the importance of regular physical exercise, all students are encouraged to participate in intramural sports and to use the George Dean Johnson Fitness Center located in the Richardson Physical Activities Building.

Campus Recreation Classes

Fitness @ 5:30

Zumba

Pilates

Ab-lab

Yoga

Self-Defense