



Informal Recreation Schedule:

Badminton: 6am-11pm Gym East
Basketball: 6am-11pm Gym Central
Bouldering & Climbing: **Walls closed for MLK Holiday.**
Fields: 8am-5pm Rec Sports Complex Field 08 (weather and field condition permitting)
Indoor Soccer: 6am-11pm Gym West
Racquetball: 6am-11pm Racquetball Court 01-06 & 08-10
Squash: 6am-11pm Squash Court A & B
Strength & Conditioning: 6am-11pm S&C 1 and S&C 2
Swim: 6-9am & 1-10pm Rec Pool **and** 9am-1pm & 5:30-10pm 50 Meter Pool
Table Tennis: 6am-11pm Racquetball Court 07
Tennis: 8am-5pm Rec Sports Complex Tennis Court 01-09 and 8am-11pm Tennis Court 10-15 (weather and court condition permitting)
Volleyball: 6am-1:10pm & 5:30-11pm Volleyball Arena
Walking/Jogging/Running: 6am-11pm Track

Equipment Checkout: 6am-11pm

Outdoor Rec Center: **Closed.**

Climbing Wall Courtyard: 10am-5pm

Membership Services: **Closed.**

Pro Shop: 6am-11pm

Rec Pool Courtyard: 10am-5pm

Facility Manager Set Ups (initial on line upon completion):

_____ **9:55am** unlock doors to Climbing Wall Courtyard

_____ **5pm** lock doors to Climbing Wall Courtyard

SPECIAL EVENTS

MLK Holiday - Academic Classes not scheduled.

Normal Spring Semester 2019 Ramsey Center Hours. Rec Sports Office, including Membership Services Desk, closed.

Ramsey Members under 18 have access during all facility hours when directly supervised at all times by member parent/guardian.

Bouldering & Climbing Walls, Outdoor Rec Center, Pound Hall and Wheeler Gym closed.

Last day of 25% off Fitness and Wellness Group Fitness UNLIMITED Passes. - shop.recsports.uga.edu

Competitive Sports Club Practices and Basketball not scheduled due to MLK Holiday.

Competitive Sports UNLIMITED Play Pass - Play all Intramural Sports (excluding Team Golf) for \$25 per semester! - shop.recsports.uga.edu

RAMSEY STUDENT CENTER - ACTIVITY AREA

<u>Location</u>	<u>Start</u>	<u>End</u>	<u>Event</u>
50 Meter Pool	7:00 AM	9:00 AM	UGA Swimming
50 Meter Pool	9:00 AM	1:00 PM	Swim
50 Meter Pool	3:00 PM	5:00 PM	UGA Swimming
50 Meter Pool	5:30 PM	10:00 PM	Swim
50 Meter Pool	5:30 PM	8:30 PM	Athens Bulldog Swim Club
Boxing Studio	5:30 PM	6:30 PM	Fitness & Wellness Small Group Training Session 1 - Boxing 101
Boxing Studio	7:00 PM	9:00 PM	Fitness & Wellness Group Fitness - Open Gym
Diving Well	7:00 AM	9:00 AM	UGA Diving & Swimming
Diving Well	12:15 PM	1:00 PM	Fitness & Wellness Group Fitness - Deep Water
Diving Well	3:00 PM	5:00 PM	UGA Diving & Swimming
Diving Well	5:00 PM	8:00 PM	Georgia Diving Club
Functional Training Room	6:30 AM	7:30 AM	Fitness and Wellness Small Group Training 1 - Women's Weightlifting
Functional Training Room	12:15 PM	12:45 PM	Fitness and Wellness Group Fitness - QuickFit
Functional Training Room	3:00 PM	5:00 PM	Fitness and Wellness Group Fitness - WOD
Functional Training Room	5:30 PM	6:30 PM	Fitness and Wellness Small Group Training 1 - Beginner Strength Training
Functional Training Room	7:00 PM	8:00 PM	Fitness and Wellness Small Group Training 1 - Athletic Conditioning
Functional Training Room	8:15 PM	9:00 PM	Fitness and Wellness Group Fitness - Tabata
Gym Central	6:00 AM	11:00 PM	Basketball



<u>Location</u>	<u>Start</u>	<u>End</u>	<u>Event</u>
Gym East	6:00 AM	11:00 PM	Badminton
Gym West	6:00 AM	11:00 PM	Indoor Soccer
Mind Body Studio	12:15 PM	1:15 PM	Fitness and Wellness Group Fitness - Yoga
Mind Body Studio	5:30 PM	6:30 PM	Fitness and Wellness Group Fitness - Yoga for Athletes
Mind Body Studio	7:00 PM	8:00 PM	Fitness and Wellness Small Group Training Session 1 - Beginner Acro
Natorium Bleacher Area	6:00 AM	10:00 AM	UGA Swimming and Diving
Natorium Bleacher Area	2:00 PM	6:00 PM	UGA Swimming and Diving
Racquetball Court 01-06 & 08-10	6:00 AM	11:00 PM	Racquetball
Racquetball Court 07	6:00 AM	11:00 PM	Table Tennis
Rec Pool	6:00 AM	9:00 PM	Swim
Rec Pool	1:00 PM	10:00 PM	Swim
Squash Court A & B	6:00 AM	11:00 PM	Squash
Strength and Conditioning 1 & 2	6:00 AM	11:00 PM	Strength and Conditioning
Studio A	5:45 PM	6:45 PM	Fitness and Wellness Group Fitness - Barre
Studio A	8:00 PM	9:00 PM	Fitness and Wellness Group Fitness - Zumba®
Studio B	6:30 AM	7:30 AM	Fitness and Wellness Group Fitness - BODYPUMP™
Studio B	12:15 PM	1:15 PM	Fitness and Wellness Group Fitness - BODYPUMP™
Studio B	5:30 PM	6:30 PM	Fitness and Wellness Group Fitness - BODYPUMP™
Studio B	6:45 PM	7:45 PM	Fitness and Wellness Group Fitness - Pilates
Studio B	8:00 PM	9:00 PM	Fitness and Wellness Group Fitness - Total Body Tone
Studio D	3:00 PM	3:30 PM	Fitness and Wellness Group Fitness - Foam Rolling
Studio D	4:45 PM	5:15 PM	Fitness and Wellness Group Fitness - \$1 Abs
Studio D	6:15 PM	7:00 PM	Fitness and Wellness Group Fitness - POUND®
Studio D	7:30 PM	8:30 PM	Fitness and Wellness Group Fitness - TRX® Yoga
Studio E	6:30 AM	7:30 AM	Fitness and Wellness Group Fitness - Cycle
Studio E	6:00 PM	7:00 PM	Fitness and Wellness Group Fitness - Cycle
Track	6:00 AM	11:00 PM	Walking/Jogging/Running
Volleyball Arena	6:00 AM	1:10 PM	Volleyball
Volleyball Arena	1:10 PM	5:30 PM	UGA Volleyball
Volleyball Arena	5:30 PM	11:00 PM	Volleyball
<u>REC SPORTS COMPLEX</u>			
<u>Location</u>	<u>Start</u>	<u>End</u>	<u>Event</u>
Rec Sports Complex Field 08	8:00 AM	5:00 PM	Field
Rec Sports Complex Tennis Court 01-09	8:00 AM	5:00 PM	Tennis
Rec Sports Complex Tennis Court 10-15	8:00 AM	11:00 PM	Tennis