



# A huge welcome to the Rec Centre

2017

[www.lincoln.ac.nz/recentre](http://www.lincoln.ac.nz/recentre)



Lincoln Uni Recreation Centre

## OPEN HOURS

**Monday, Tuesday, Wednesday & Thursday** 6.00am – 10.00pm

**Friday** 6.00am – 8.00pm

**Saturday** 8.15am – 4.00pm

**Sunday** 9.00am – 5.00pm



Hours may vary on public holidays & subject to change when students are present on campus. The Recreation Centre will be closed on Christmas Day, Boxing Day, New Year's Day and 2<sup>nd</sup> January.


YOUR STUDENT MEMBERSHIP ENTITLES YOU TO	WHAT IS NOT INCLUDED	MAIN HALL SPORTS
<ul style="list-style-type: none"> <li>• Full use of the gym facilities</li> <li>• Group Exercise Classes</li> <li>• A Programme Orientation</li> <li>• Main Sports Hall</li> <li>• Squash court hire</li> <li>• Badminton racquet hire</li> <li>• Access to Boxing Studio including glove hire</li> <li>• Ball hire – rugby, netball, soccer, indoor soccer</li> </ul>	<ul style="list-style-type: none"> <li>• Squash and Tennis racquet hire</li> <li>• Tennis balls</li> <li>• Shuttle cocks</li> <li>• Personal Training - please enquire about our "RAP Express Start" a personalised Individual Training programme</li> <li>• RPM bookings – Bookings advised to secure your RPM Bike Class - options available</li> </ul>	Volleyball Indoor Soccer Badminton Basketball
		<b>Other Services Available</b> Personal Training Starter Pack Exercise Programme Massage Therapist Team Building and Leadership

**\$5.00 Casual Entry**

**\$90.00 Semester**

**\$115.00 Year expires 23rd Feb 2018**

**ID required**



**GROUP EXERCISE:** Our Group Exercise Classes are held in Studio One. We have Les Mills classes on the timetable. Please collect a timetable from reception.

**FITNESS STUDIO:** The Fitness Studio caters for all levels of training and fitness goals. For resistance training you can workout on the Life Fitness equipment or in our free weights area, swiss balls and other apparatus are also available, programs available check out our PT.

**CARDIO EQUIPMENT:** We have an impressive selection of cardiovascular equipment ranging from treadmills, cross trainers, summits, bikes, rowers and steppers.  
*Towels are compulsory when working out.*

**LOCKERS:** These are only available when using the facilities at the Recreation Centre, swipe your card upon arrival and bring your own padlock to secure your locker during your workout.

**SQUASH AND MAINHALL:** As well as a fully equipped gym we also have squash courts and tennis courts. In our Sports Hall you can play basketball, volleyball, badminton and indoor soccer. For bookings please check availability at Reception.

**BOXING AREA:** There are boxing bags, speed balls, resistance equipment and cardio machines available for use above reception on the mezzanine floor.

**MASSAGE THERAPY:**

Our resident Massage Therapist offers general massage for overall well-being as well as providing more specific treatments such as neuromuscular treatment, sports or pregnancy massage. For more information and a list of treatments see the friendly staff at reception.

**Come and see us  
at the Rec Centre  
both today and in 2017!**