

Campus Recreation Center Self-Guided Walking Tour

Member Services 1

Welcome to our facility! At the membership services desk, patrons have the opportunity to make reservations, buy memberships, sign up for classes, and ask questions. This also is our sales desk where patrons can buy drinks and SHSU merchandise. Any questions you may have about our facility can be answered here.

Weight Room 2

Located immediately down the stairs from Membership Services, the weight room is one of the most-used areas of the facility.

Rockwall 3

Located down the stairs on the bottom level, the rockwall is free to students during operational hours. Rockwall offers a climbing competition known as boulder bash, as well as houses our Club Climbing team.

Pool 4

The pool is out the far door past our changing rooms and bathrooms. We offer swim classes for students wanting to learn how to swim. In the Spring, we hosts an event called the "Polar Plunge", where students get the opportunity to jump in the freezing pool before it is heated for the colder weather.

Gyms 1 & 2 5

In the CRC, we have five full courts. They can be used for basketball, volleyball, badminton, and pickleball. They are open for general recreation, but can also be reserved for events. If you look up, you can see our indoor track, located on the top floor.

6 Raquetball Hallway

In the racquetball hallway, we offer racquetball rooms, a personal training room, and two studios. The racquetball rooms are free for students use. The studios are where our fitness classes take place, such as cycling, yoga, and strength training classes. For more information regarding fitness classes, please speak to membership services or visit our website.

7 Strength Training Room, Multi-purpose Room & Locker Rooms

The strength training room was originally the only weight room in the facility, when it was first built. Now, this room is used for personal training and club sports. Next door is the carpeted MP room that students can rent out for events. The men's locker room is also located in this hallway, with the women's locker room around the corner by Equipment Issue, featuring changing spaces, lockers, toilets, and showers.

8 Gym 3

The most recent set of renovations added to this building include this gym. Gym 3 hosts a variety of activities from open gym, Intramural games, and club sport events. It features bleachers for visitors to view any games taking place in this area.

9 Equipment Issue

This desk, located in the hallway, offers free rentals for students and faculty. Here, patrons can rent out basketballs, volleyballs, racquets, footballs, jump ropes, resistance bands, weight belts, and more!

10 Upstairs Office & Classrooms

If you were to take the stairs at the end of the hallway, you would end up at the upstairs office. This is where all of our professional staff work, and where students would go for meetings and interviews. There are also a number of meeting rooms where students and Staff can host meetings for for clubs, organizations, staff trainings, and more!

11 Multifunctional Training

One of the newest additions to our facility, this large rig is the biggest rig Matrix fitness has ever installed! It includes new equipment like punching bags, TRX bands, monkey bars, and more!

12 Cardio

Located up the stairs from the MFT, our cardio area is equipped with cycle machines, rowers, and more. The cardio space and MFT are free to all patrons as long as the facility is open.

Thank you for stopping by!



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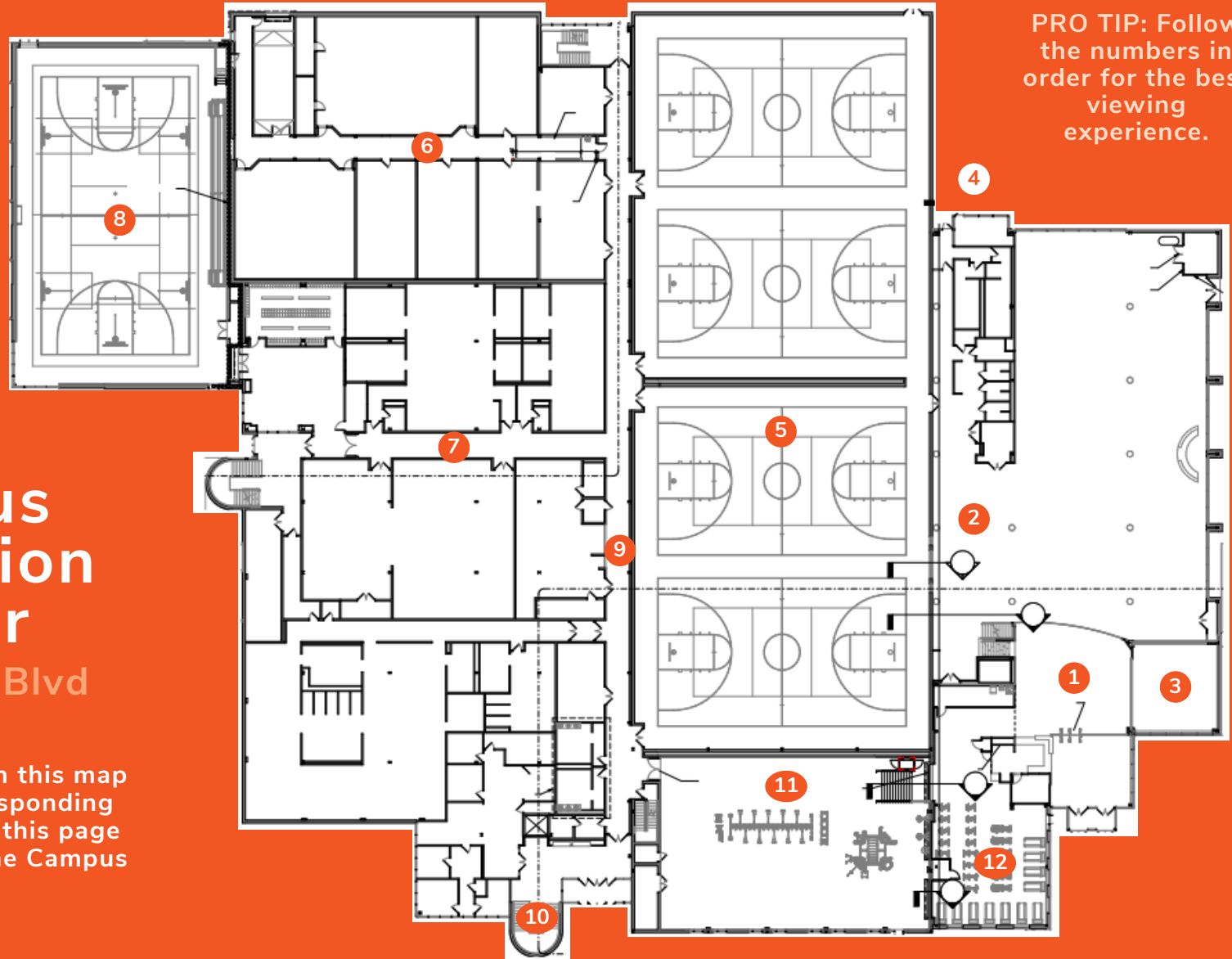


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Facility Map

Campus Rec is filled with multiple activities year-round for students to attend. We host intramural games, fitness classes, personal training, club sports, swim classes, and more. For more information about events that we are hosting and more, please visit our website or follow us on social media!

PRO TIP: Follow the numbers in order for the best viewing experience.



Campus Recreation Center

801 Bowers Blvd

Follow the numbers on this map and look at the corresponding points on the back of this page to learn more about the Campus Rec Center.



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