

Recreation Center Hours

**Modified Hours
Through June 1**

Monday-Friday

6:30 a.m.-7 p.m.

Pool 5:30-8 a.m., 1-6 p.m.

**We will be closed on the
following dates:**

Saturday, May 12, 19, 26

Sunday, May 6, 13, 20, 27

**Closed Monday, May 28
for Memorial Day**

May 2012

Volume 12, Issue 8

Row Your Way to Fitness in our New Rowing Studio



The Student Recreation and Fitness Center recently opened a new Rowing Studio, equipped with four new state-of-the-art Concept 2 rowing machines. These user-friendly machines have a reputation for their high quality, and are a great addition to any fitness regime. Rowing machines offer a superior low-impact aerobic workout that is efficient at burning calories, while placing minimal stress on your legs and feet. Rowing is a great calorie-burning workout that involves a wide range of motion that involves the knees, hips, arms, and shoulders, allowing rowers to increase their flexibility and strength. Users of this machine will notice improved strength and toning in their legs, core muscles, and upper body, as well as improved cardiovascular fitness. Come try out this exciting new addition to our full array of workout equipment. The Rowing Studio is located in the racquetball corridor and is open during all regular Recreation Center hours of operation.



**Happy Mother's
Day from CRIS!!!**



May Employee of the Month



Charlie Scheel

We are happy to honor one of our newest employees, Charlie Scheel, as our May Employee of the Month. Although he has only worked as a Fitness Attendant at the Recreation Center for six weeks, Charlie has already made a lasting, positive impression on his coworkers and customers alike. Charlie recently completed his junior year at the U of M, where he is studying Exercise and Sport Science in preparation for a career as an occupational therapist. During his short tenure here at the Recreation Center, Charlie has already impressed the staff with his eagerness to go above and beyond the call of duty to assist customers, consistently maintain an immaculately clean workout environment, and help out in any way he can. A graduate of Houston High School, this native Memphian is active on campus in the ATO Fraternity and Campus Outreach Ministries. Charlie is also a talented singer, guitar player, and songwriter. He says that his favorite thing about his new job is talking to Recreation Center patrons. We are so happy to have this polite, helpful, efficient, kind, and knowledgeable young man on staff here at the Recreation Center!

Congratulations, Charlie!!!

Summer Group Fitness Classes

Session One: May 14-June 2

Monday: Yoga, 5 p.m.
Tuesday: Ab Lab, 5 p.m.
Wednesday: Cycle, 5 p.m.
Thursday: Zumba, 5 p.m.

Session Two: June 4-August 11

Monday: Ab Lab, 4 p.m.; Cycle, 5 p.m.; Zumba, 6 p.m.; and Pilates, 7 p.m.
Tuesday: Cycle, 5 p.m.; Boot Camp, 6 p.m.
Wednesday: Cycle, 5 p.m.; Yoga, 6 p.m.
Thursday: Kickboxing, 4 p.m.; Cycle, 5 p.m.; and Zumba, 6 p.m.
Friday: Yoga, 4 p.m.
Saturday: Aqua Zumba, 1 p.m.

No classes on May 28 (Memorial Day) or July 4 (Independence Day)



Aquatics News

Summer is the perfect time to learn to swim, or to improve your swimming technique!

Campus Recreation Intramural Services will offer the following lessons and classes this summer to help you become a stronger swimmer:

Summer Swim School begins June 11. Sessions will be offered to both adults and children (ages four and up), for beginners up to advanced swimmers. Two-week sessions are \$100 and begin on June 11; June 25; July 9; and July 23.

Water Aerobics classes will be offered during the following sessions, for \$69 per session: May 21-June 28; July 2-August 9; and August 13-September 20.

For more information, call 678-3461 or visit www.memphis.edu.cris/aquatics.php

Congratulations to our Spring Intramurals Champions!!!



**Sand Volleyball Sorority
Champions: Pi Phi A**



Basketball Fraternity Champions -- SAE A



**Sand Volleyball Fraternity
Champions: SigEp A**



**Basketball Sorority Champions:
Kappa Delta**



**Cornhole Champions:
Cory O'Hara and Brian**






Basketball Coed Champions: Ballers



Softball Fraternity Champions: SAE A

CRIS Calendar

May 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Hrs: 6:30 am.-7 pm Pool: 5:30-8 am, 1-6 pm	2 Hrs: 6:30 am.-7 pm Pool: 5:30-8 am, 1-6 pm	3 Hrs: 6:30 am.-7 pm Pool: 5:30-8 am, 1-6 pm	4 Hrs: 6:30 am.-7 pm Pool: 5:30-8 am, 1-6 pm	5 Hrs: 9 am-6 pm Pool: 12-5 pm
6 Closed	7 Hrs: 6:30 am.-7 pm Pool: 5:30-8 am, 1-6 pm	8 Hrs: 6:30 am.-7 pm Pool: 5:30-8 am, 1-6 pm	9 Hrs: 6:30 am.-7 pm Pool: 5:30-8 am, 1-6 pm	10 Hrs: 6:30 am.-7 pm Pool: 5:30-8 am, 1-6 pm	11 Hrs: 6:30 am.-7 pm Pool: 5:30-8 am, 1-6 pm	12 Closed
13 Closed	14 Hrs: 6:30 am.-7 pm Pool: 5:30-8 am, 1-6 pm Yoga, 5 pm	15 Hrs: 6:30 am.-7 pm Pool: 5:30-8 am, 1-6 pm Ab Lab, 5 pm	16 Hrs: 6:30 am.-7 pm Pool: 5:30-8 am, 1-6 pm Cycle, 5 pm	17 Hrs: 6:30 am.-7 pm Pool: 5:30-8 am, 1-6 pm Zumba, 5 p.m.	18 Hrs: 6:30 am.-7 pm Pool: 5:30-8 am, 1-6 pm	19 Closed
20 Closed	21 Hrs: 6:30 am.-7 pm Pool: 5:30-8 am, 1-6 pm Yoga, 5 pm	22 Hrs: 6:30 am.-7 pm Pool: 5:30-8 am, 1-6 pm Ab Lab, 5 pm	23 Hrs: 6:30 am.-7 pm Pool: 5:30-8 am, 1-6 pm Cycle, 5 pm	24 Hrs: 6:30 am.-7 pm Pool: 5:30-8 am, 1-6 pm Zumba, 5 p.m.	25 Hrs: 6:30 am.-7 pm Pool: 5:30-8 am, 1-6 pm	26 Closed
27 Closed	28 Closed: Happy Memorial Day! 	29 Hrs: 6:30 am.-7 pm Pool: 5:30-8 am, 1-6 pm Ab Lab, 5 pm	30 Hrs: 6:30 am.-7 pm Pool: 5:30-8 am, 1-6 pm Cycle, 5 pm	31 Hrs: 6:30 am.-7 pm Pool: 5:30-8 am, 1-6 pm Zumba, 5 p.m.	