The Department of Recreation & Wellness

The Department of Recreation & Wellness (DRW) aspires to facilitate the physical, social, emotional, and intellectual development of the Clayton State University students and community by providing an environment that is fun, relaxing and supportive of holistic lifestyle practice; further, DRW provides opportunities for the daily participation in recreation and leisure activities.

Professional Staff

Our staff is comprised of degree professionals in a variety of areas. Many have additional credentials highlighting their dedication to their specialty area.

Student Team

Our student employees work in a variety of programs and areas and are essential to our team. They help in a number of ways: as Fitness Assistants and Supervisors, Intramural Officials and Supervisors, Challenge Course Facilitators and Trip Leaders, Group Exercise Instructors and Personal Trainers. Our students help monitor activities and ensure that our participants are following the rules.

Department Programs & Services

- Fitness Programs: Group Exercise, Personal Training, Fitness Assessments
- Intramural Sports
- Outdoor Adventure
- Challenge Course
- Wellness Programs: Massage Therapy & Nutrition Counseling
- Disc Golf Course
- Walking Trails

For General Information:

Please call (678) 466-4971, visit our website http://www.clayton.edu/recwell, or contact us at recwell@clayton.edu

Individuals requiring disability related accommodations for participation in any event or to obtain print materials in an alternative format, please contact the Disability Resource Center at (678) 466-5445.

Fitness Programs

In addition to overseeing the SAC Fitness Center, we offer specially programming in a number of areas. For more information, please contact (678) 466-4975.

Group Exercise

Group Exercise offers land based group exercise classes each semester. Classes are held in our two studios on the second floor of the Fitness Center. Classes are instructed by certified student instructors and are categorized into four different formats:

- Cardiovascular
- Strength
- Mindbody
- Combination

For more information visit:
http://www.clayton.edu/recwell/fitnesscenter/groupexercise

Personal Training

Personal Training provides an individualized fitness experience to the Clayton State University community. All personal trainers are current Clayton State University students who have obtained a national personal training certification. The goal of the Personal Training Program is to assist students and fitness center members in achieving physical fitness benefits safely and effectively.

For more information and to view the fee schedule, visit:
http://www.clayton.edu/recwell/fitnesswellness/personaltraining

Personal Fitness Assessments

Fitness Assessments provide insight to your current fitness level and establish goals for the future. Assessments come in three forms: Basic, Full, and Body Fat Only. A basic assessment includes tests such as body fat percent, flexibility, muscular strength and endurance, and cardiovascular strength and endurance. A full assessment includes all basic assessment tests and provides the client with information on how to set up a personal fitness program, basic dietary recommendations, and an orientation to the equipment. The body fat only assessment provides a quick snapshot of body fat percentage using our handheld body fat analyzer.

For more information and to view the fee schedule, visit:
http://www.clayton.edu/recwell/fitnesscenter/personalfitnessevaluation

Intramural Sports

The Intramural Sports program offers a wide variety of activities and is a great way to relieve stress, meet new friends, stay active and have some fun.

We offer leagues for men, women, and co-rec. So, gather your friends together and just play! Games are played on campus and offer a friendly level of competition.

Never played before? We will teach you!

The primary goals of the Intramural Sports program are to develop sport skill sets, teach sportsmanship, encourage physical activity, and unite the Clayton State University campus community through participation in friendly competition.

Do you have natural born leadership abilities? If so, consider being a sports official or a team captain!

The program is open to currently enrolled Clayton State University students, faculty and staff members with varying skills and abilities.

Sports Offered

- Flag Football
- Dodge Ball
- Basketball
- Soccer
- Volleyball
- And Much More!

Have Questions?

Contact Intramural Sports at (678) 466-4973 or visit our website at: www.clayton.edu/recwell/intramuralsports

Outdoor Adventure

Clayton State University Outdoor Adventure is offers the campus community a variety of outdoor recreation trips and activities. Experience these great adventures and making new friends will result in memories that will last a lifetime.

Our goal is to provide students with opportunities to connect with each other in a challenging, fun, safe outdoor experience for the purpose of embracing new challenges, cultivating new skills, and learning about the environment. See what we have planned for you!

For more information, visit:
http://www.clayton.edu/recwell/OutdoorAdventure

Challenge Course

The Lakser Challenge Course provides opportunities for students, faculty, staff, and groups to engage in activities that encourage personal growth in an environment that promotes physical, social, and emotional wellbeing.

We seek to create opportunities that utilize the challenge by choice philosophy to foster a safe environment promoting positive group interaction, challenge, discussion, learning, and fun. For more information, visit:
http://www.clayton.edu/recwell/OutdoorAdventure

Shorter indoor activities are also available for groups.

For more information please contact the Assistant Director of Recreation & Wellness (Outdoor Adventure) at (678) 466-4972 or OutdoorAdventure@clayton.edu
The SAC Fitness Center
The Department of Recreation & Wellness is responsible for the operation and management of the 28,500 square foot SAC Fitness Center. We hope that you will come see all that we have to offer!

Fitness Center Membership
While the use of the Fitness Center is open to fee-paying students, we also offer a variety of memberships to employees, alumni and the community. Full details are provided on our website: http://www.clayton.edu/recwell/fitnesscenter

Guests – For the safety of our facility, certain rules and restrictions apply. Please inquire at the desk.

Hours of Operation
The hours are listed on our website and may vary by semester depending upon usage. The Fitness Center is generally open seven days per week except for major holidays and academic breaks; hours are reduced between semesters, spring break and during the summer. http://www.clayton.edu/recwell/hours

Indoor Amenities
- Cardio Equipment – a great variety!
- Strength Training Area – A full line of weight stations and a variety of free weights.
- Basketball Courts
- Group Exercise Studios
- Locker Rooms / Showers
- Lockers inside the locker rooms are for day use only unless on record as being rented (limited number available). Please inquire at the desk. Day use lockers are available on a first-come, first-served basis and require a quarter for use; the quarters will be returned to you.

Outdoor Amenities
- Disc Golf Course – Our 9-hole disc golf course located behind the SAC and is free. Individuals who need a disc can check one out at the front desk of the SAC.
- Tennis Courts – Intercollegiate Athletics and Intramural Sports have priority for use of the courts. Students and members may use the courts after checking in at the front desk. No black-soled shoes are permitted. All rules posted at courts.
- Walking Trails – The campus has two short trails available for public use. The 1 mile and 1.5 mile accessible courses are marked with round trail markers along the route. Maps available at the front desk.

Wellness Programs
The department recognizes the need to provide ancillary programs to our patrons and contracts with local high-quality, licensed professionals to provide the services listed below. For more information, please contact (678) 466-4975.

Massage Therapy
Massage is a great option for alleviating tension, improving circulation, stretching weak or tight muscles, and helping the physically active prepare and recover from strenuous workouts. Our Massage Therapist offers both full body and chair massages and is skilled in a variety of massage techniques. All appointments are scheduled with and payments are made directly to the massage therapist.

For more information, visit:
http://www.clayton.edu/recwell/wellnessprograms/massage

Nutrition Counseling
Nutrition Counseling is your chance to meet with a registered and licensed dietician and learn how to establish short- and long-term goals to help you consume a healthy diet. Our Dietitian will teach you about healthy eating, organize a diet plan specifically for your dietary needs, and help you make smart choices when it comes to the foods you choose.

Professional dietary consultations may be scheduled with the Department of Recreation & Wellness at recwell@clayton.edu. All appointments are scheduled with, and payments are made directly to the dietitian. Fees are based upon consultations with individuals seeking general dietary recommendations. Those individuals in need of specialty services for chronic or severe health conditions may incur additional costs associated with their consultation.

For more information, visit:
http://www.clayton.edu/recwell/wellnessprograms/nutrition

Member Reminders:
ID – You must swipe your Laker ID at the front desk to gain entry.
Attire – Appropriate exercise attire is required including a t-shirt with sleeves and also fully covers the torso. No tank top or muscle shirts permitted to reduce the risk of contracting skin conditions. Shorts must be long enough to keep areas fully covered at all times. No belts, jeans, cargo pants, dress pants, zipperpered clothing is permitted to protect the upholstery.

Footwear – Only closed toe, non-marking athletic shoes are permitted. No boots, dress shoes, flip flops, or sandals.

Beverages – In order to keep our facility clean and free of insects, only water is permitted in covered, plastic containers.

Food & Gum – In order to keep our facility clean and free of insects, no food or gum is permitted.

Cleaning Equipment – To maintain a clean facility and to help decrease the risk for infection, we request that users clean areas of the equipment touched by skin with the disinfectant spray provided. To protect the electronic displays, please spray the rag first, and then wipe the console.

Payment Information:
Payment Schedule – The initial payment is due at the time of sign-up. Subsequent payments are due at the first of each month. We accept cash, check, or credit card.

Payroll Deduction Form – This form is available to employees through the Department of Human Resources.

Refunds – Members selecting a semester or yearly membership option have the right to a refund within three days of initial payment; otherwise, there are NO REFUNDS. Unused weeks/months may not be applied toward future month(s). The missed time is forfeited.

Freezing Memberships – Members selecting a yearly plan may freeze their membership for up to three consecutive months. This request must be made in writing to the Director of Recreation & Wellness, no less than five business days before the requested freeze date. Only full months will be honored (1st through the 30th).

Adding People to Plan – For those who qualify, we will calculate the difference between the two plans and that amount will be due. Further renewal of membership will be with the new plan. Proof or residence required for all members to qualify for either plan.

Other Information – Combining plans is not permissible. All plans subject to modification, including price, without advance notice.

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