

UAS RECREATION CENTER



Juneau Faculty,

As our weather gets wetter, making it more difficult to get outside, stay active by making the REC Center a part of your day. Over the last couple years we have grown our outdoor gear rentals, fitness offerings, and cardio/weight equipment. Most of you have been to the REC Center for Commencement. Why not make the REC Center a routine visit?

Non-Member Opportunities

As an affiliate of UAS (non-REC member), you can attend our Noon Wellness classes and rent outdoor equipment. Higher rates apply than member rates. With membership (below) the surcharge for rentals is removed and cardio punch passes are available at a lower rate. See links below for details.

Membership Opportunities

With a REC Center membership, you can visit the REC anytime during our open hours to use the many great resources we provide. These include a growing list of cardio equipment you will not find at any other gym in Juneau, our climbing gym, the weight room, exercise studio, suspended running track and the best indoor courts in Juneau. In the summer and during morning/afternoon hours of the Fall and Spring semesters there is no wait for equipment. Unlike other gyms where you have to cue up to use equipment, our student use is largely in the evenings, providing for a relaxed atmosphere at other times of the day.



— Over —



UAS RECREATION CENTER



Juneau Faculty,

As our weather gets wetter, making it more difficult to get outside, stay active by making the REC Center a part of your day. Over the last couple years we have grown our outdoor gear rentals, fitness offerings, and cardio/weight equipment. Most of you have been to the REC Center for Commencement. Why not make the REC Center a routine visit?

Non-Member Opportunities

As an affiliate of UAS (non-REC member), you can attend our Noon Wellness classes and rent outdoor equipment. Higher rates apply than member rates. With membership (below) the surcharge for rentals is removed and cardio punch passes are available at a lower rate. See links below for details.

Membership Opportunities

With a REC Center membership, you can visit the REC anytime during our open hours to use the many great resources we provide. These include a growing list of cardio equipment you will not find at any other gym in Juneau, our climbing gym, the weight room, exercise studio, suspended running track and the best indoor courts in Juneau. In the summer and during morning/afternoon hours of the Fall and Spring semesters there is no wait for equipment. Unlike other gyms where you have to cue up to use equipment, our student use is largely in the evenings, providing for a relaxed atmosphere at other times of the day.



— Over —



Automatic Payroll Deduction

When you sign up for a REC membership, you may elect for automatic payroll deduction for either individual or family memberships. For as low as \$13 a pay period (individual/12 month contract), you could be making the REC Center a regular part of your week. For monthly, semester, and annual memberships please view our membership page, links provided below.

Noon Wellness

This class is designed for staff and faculty. Tired or entering details into a website and not seeing results? Join us for Noon Wellness and feel good about yourself all day long! Get a complete fitness experience with Fran & Marjorie, our two instructors who care about your fitness goals. Sessions will alternate between power resistance training, high intensity intervals, circuit training, and outside workouts. For details please visit the Noon Wellness link below.

Outdoor Gear Rental



The REC has a growing list of outdoor gear available for rental. Much of this equipment cannot be rented anywhere in Juneau but at the REC. Have family visiting and need more sleeping bags for a cabin visit? Want to take a paddle board out on the lake during lunch? How about a weekend bike ride on Herbert Glacier trail? Our full list of aquatic, camping, and snow gear is always available to members and UAS affiliates. For our full list of rentals and rates please view our gear rentals link below.

Website Links

Membership Options: www.uas.alaska.edu/juneau/rec/membership.html

Gear Rentals: www.uas.alaska.edu/juneau/rec/rental_orc.html

Noon Wellness: www.uas.alaska.edu/juneau/rec/fitness.html



Automatic Payroll Deduction

When you sign up for a REC membership, you may elect for automatic payroll deduction for either individual or family memberships. For as low as \$13 a pay period (individual/12 month contract), you could be making the REC Center a regular part of your week. For monthly, semester, and annual memberships please view our membership page, links provided below.

Noon Wellness

This class is designed for staff and faculty. Tired or entering details into a website and not seeing results? Join us for Noon Wellness and feel good about yourself all day long! Get a complete fitness experience with Fran & Marjorie, our two instructors who care about your fitness goals. Sessions will alternate between power resistance training, high intensity intervals, circuit training, and outside workouts. For details please visit the Noon Wellness link below.

Outdoor Gear Rental



The REC has a growing list of outdoor gear available for rental. Much of this equipment cannot be rented anywhere in Juneau but at the REC. Have family visiting and need more sleeping bags for a cabin visit? Want to take a paddle board out on the lake during lunch? How about a weekend bike ride on Herbert Glacier trail? Our full list of aquatic, camping, and snow gear is always available to members and UAS affiliates. For our full list of rentals and rates please view our gear rentals link below.

Website Links

Membership Options: www.uas.alaska.edu/juneau/rec/membership.html

Gear Rentals: www.uas.alaska.edu/juneau/rec/rental_orc.html

Noon Wellness: www.uas.alaska.edu/juneau/rec/fitness.html

