



Stay up to date on everything happening at the Rec! Check out the Informer for information on upcoming events, fitness programs, and Rec Center hours.

IM TOURNAMENTS

DEC
6

Love Spikeball? Register for our **Spikeball Tournament** that starts the week of December 6th!

Register for
tournaments and
leagues on
[IMLeagues.com!](https://IMLeagues.com)





Western Illinois
University
CAMPUS RECREATION

INTRAMURALS



Spikeball
Single Elimination
Tournament

Play starts week of
DECEMBER 6

Masks Required
CAMPUS RECREATION

Registration is FREE
IM LEAGES
Closes December 3

W Western Illinois
University

CONTACT COLTON AT
CD-SPAUR@WIU.EDU FOR QUESTIONS



Flag Football Champs



Congrats to our Intramural Flag Football Champions, Bishop Sycamore! They ran the table and went 6-0 this season!



Women's Rugby Club



Our Women's Rugby Club just wrapped up their fall season, playing their last game at NIU! Catch them back in action in the spring!



Wrestling Club







Our Wrestling Club had four members compete in the Laborers' International Union Wrestling Open, including a 1st place finish by Kailey Lindaur, 2nd place finish by Curtis Pointer, and a 3rd place finish by Edgar Sanchez. Great work!

New Clubs



Spikeball and Boxing have both been added as new clubs! Contact Colton Spaur at cd-spaur@wiu.edu for information on joining these clubs!

Join WEGA!

WESTERN ELECTRONIC GAMING ASSOCIATION

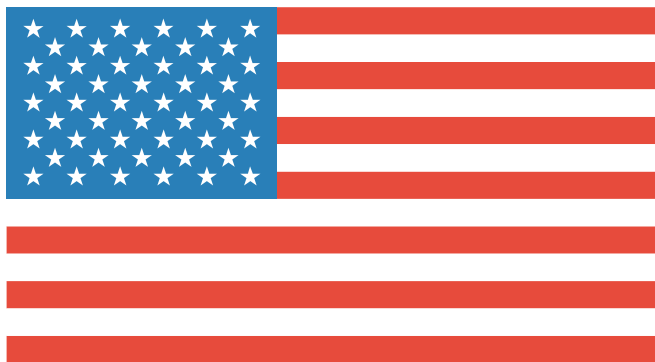
DIGITAL REC 6-8pm	MEETS BIWEEKLY ON TUESDAYS Starting Oct. 19	717 W ADAM ST Macomb, IL
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EMAIL BA-HIRONIMUS-WENDT@WIU.EDU FOR MORE INFORMATION



Military Bench Press

Congratulations to Kaitlynn Witte and Patrick Hanrahan for winning our Military Bench Press Competition!



**GRADUATE ASSISTANT
OF THE MONTH**



THANK YOU FOR YOUR HARD WORK,
CARRISSA TINSLEY



Western Illinois
University
CAMPUS RECREATION

OCTOBER 2021

**EMPLOYEE
OF THE MONTH**



THANK YOU FOR YOUR HARD WORK,
NICK KNOWLES



Western Illinois
University
CAMPUS RECREATION

OCTOBER 2021

Personal Training Available!



Campus Recreation offers personal training for both individuals and groups! Check our website for more information on pricing and registration!



GROUP FITNESS CLASSES

Group fitness classes are free to all WIU students! The schedule can be found on the WIU Campus Recreation homepage under the "Fitness" tab

Dance-Based

Cardio & Strength



Cycling

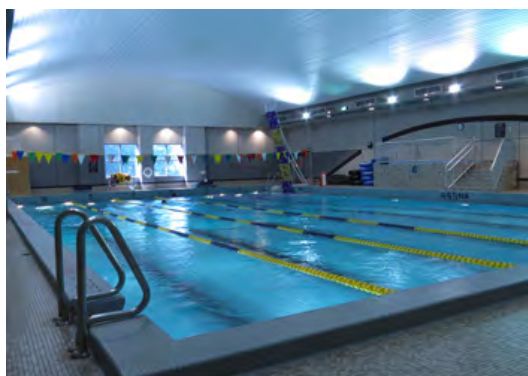
Mind-Body

Contact Avery Hamm at a-hamm@wiu.edu to register for fitness classes or to answer any questions!



REC CENTER HOURS

MON	6:00am - 10:00 pm
TUES	6:00am - 10:00pm
WED	6:00am - 10:00pm
THURS	6:00am - 10:00pm
FRI	6:00am - 9:00pm
SAT	8:00am - 9:00pm
SUN	12:00pm - 10:00pm



POOL HOURS

MON - FRI	6:00am - 9:00am 11:00am - 1:00pm 3:00pm - 9:00pm (3:00pm-7:00pm on Fridays)
SAT	9:00am - 11:00am 1:00pm - 5:00pm
SUN	1:00pm - 7:00pm

Olympic Strength Room

The Olympic Strength Room will be open the same hours as the Rec Center, regardless of whether there is an attendant present.

QUESTIONS? CONTACT:

PROFESSIONAL STAFF

Nick Knowles - Director of Campus Recreation

NS-Knowles@wiu.edu

Brian Thomas - Associate Director, Fitness Services & Intramural Sports

BM-Thomas2@wiu.edu

Alan Arvin - Manager of Sports Facilities

AE-Arvin@wiu.edu

REC GRADUATE ASSISTANTS

Avery Hamm - Intramural and Fitness GA

A-Hamm@wiu.edu

Colton Spaur - Intramural and Sport Clubs GA

cd-spaur@wiu.edu

Carrissa Tinsley - Aquatics GA

cm-tinsley@wiu.edu

FIND US ON SOCIAL MEDIA!



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