

## UNIVERSITY RECREATION

# FACULTY/STAFF PROGRAMS



## KRESS EVENTS CENTER







### SEMESTER HOURS

Monday-Thursday	6:30am-11:00pm
Friday	6:30am-10:00pm
Saturday	8:00am-6:00pm
Sunday	1:00pm-8:00pm

### BREAK AND HOLIDAY HOURS

Visit our website for updated hours throughout the year.

### STAY CONNECTED

-  Website: [www.uwgb.edu/urec/](http://www.uwgb.edu/urec/)
-  Portal: [urec.uwgb.edu](http://urec.uwgb.edu)
-  Email: [urec@uwgb.edu](mailto:urec@uwgb.edu)
-  Phone: 920-465-2449
-  Instagram: [@urec\\_uwgb](https://www.instagram.com/urec_uwgb)
-  Facebook: [@URECuwgb](https://www.facebook.com/URECuwgb)



# MEMBERSHIP

## FREE MEMBERSHIP

The Kress Events Center is free for faculty and staff (.50 FTE or higher) during certain times of the day/year (see below). Privilege is automatically assigned to ID card.

### Fall/Spring Semester

Monday-Thursday: 6:30am-2:00pm

Friday-Sunday: Open to close

### Breaks and Holidays

Monday-Sunday: Open to close

## UNLIMITED MEMBERSHIP

An unlimited membership grants access to the Kress Events Center during all business hours. Can be purchased at the front desk or at [urec.uwgb.edu](http://urec.uwgb.edu) (log in with UWGB credentials)

Full Year	Per Semester
\$100	\$60

## LOCKER ROOMS

Lockers are available in the women's locker room, men's locker room, and gender neutral restroom. Day use is free (supply your own lock).

FULL LOCKER
Per Semester
\$20

HALF LOCKER	
Per Semester	Monthly
\$15	\$5

CUBE LOCKER	
Per Semester	Monthly
\$10	\$3

## RETIRED FACULTY/STAFF AND CONTRACTOR MEMBERSHIP

This membership grants access to the Kress Events Center during all business hours. Can only be purchased at the front desk.

Full Year	Per Month
\$220	\$25

## FAMILY MEMBERSHIP

Family memberships are limited to married couples or domestic partners and up to two children (infant-18). Children must be supervised at all times and those under the age of 18 are not allowed in the fitness center. UREC is not equipped to provide any structured activities for children. Can only be purchased at the front desk.

Full Year	Per Month
\$385	\$45

# UREC PORTAL AND APP

## UREC.UWGB.EDU

Visit the UREC portal to purchase an unlimited membership, register for group fitness classes, purchase personal training sessions, and more!

Click "sign in" and "UWGB Credentials" to open the UWGB single-sign-on page to log in with your UWGB email and password.

## UREC APP

Scan QR code (right) to download the UREC at UW-Green Bay app.



# PROGRAMS

## Fitness

Alex Wandersee  
wandersa@uwgb.edu



### Fitness Center

Our two-level fitness center contains a variety of equipment including free weights, strength training machines, squat/bench racks, treadmills, ellipticals, functional training tools, an indoor track, and more!  
Swipe your Faculty/Staff ID to enter.

### Group Fitness Classes

A wide variety of group fitness classes are offered throughout the day including yoga, barre, sculpt, Zumba, and more! Great for all fitness levels. Equipment provided.  
Register at [urec.uwgb.edu](http://urec.uwgb.edu) or on the UREC app (see page 2)



### Personal Training

Work one-on-one under the guidance of a Certified Personal Trainer. Training can be done on a long-term or short-term basis and will be scheduled based on your availability.

Single session	\$30.00
5 sessions	\$130.00
10 sessions	\$240.00

Purchase sessions and fill out a request form at [urec.uwgb.edu](http://urec.uwgb.edu) or on the UREC app (see page 2)



## Pool

eff Willems  
willemsj@uwgb.edu



### Open Swim

An 8-lane, 25-yard competition pool is available throughout the year during limited hours. Visit [www.uwgb.edu/urec/](http://www.uwgb.edu/urec/) for current hours.

### Aqua Fitness

Join us for a fun, shallow water exercise class! This workout uses the natural resistance and buoyancy of water to provide an effective, low-impact routine. This is a great class for all ages and fitness levels.

# PROGRAMS

## Outdoor Adventure

Ethan Harvey  
harveye@uwgb.edu



### Indoor Climbing Tower

28' tall free-standing climbing tower located in the Fitness Center. Experience the unique challenge of rock climbing right here on campus. No experience necessary. Unlimited membership required.



### Outdoor Equipment Rental

UREC Outdoors offers a variety of outdoor equipment rentals including cross-country skis, snowshoes, kayaks, paddle boards, camping gear, and more! Rent any of the equipment at a special university rate. Visit their new location in the Shorewood Center or fill out an equipment rental request form on our website (see page 1).



### Adventure Trips

UREC Outdoors leads outdoor adventure trips around the United States. Whether you're interested in rock climbing, canoeing, kayaking, snowshoeing, or backpacking, we've got an offering for you! Visit the UREC Outdoor Adventure Center (KEC 152) or register on our portal (see page 2).

## Intramurals

Jeff Willems  
willemsj@uwgb.edu



### Intramural Sports

UREC offers a wide variety of intramural sports throughout the year. Faculty/Staff may participate in intramural activities with an unlimited membership or for \$25 per sport.