

STAY ACTIVE WITH UREC

Faculty/Staff access to the Kress Events Center

LIMITED ACCESS - FREE

The Kress Events Center is free to faculty and staff (.50 FTE or higher) during the below times. Please present ID at front desk during each visit.

FALL/SPRING SEMESTER

Mon-Thurs: Open-2:00pm
8:00pm-Close
Fri-Sun: Open-Close

BREAKS AND HOLIDAYS

Mon-Sun: Open-Close

UNLIMITED ACCESS

Grants access during all business hours. Additional access will be assigned to ID card.

FULL YEAR	PER SEMESTER
\$100	\$60

FAMILY MEMBERSHIP

Grants access during all building hours for yourself, spouse/domestic partner and up to two children ages 5-18. Children under age 16 must be supervised by a parent. Children under 18 may not access the fitness center.

FULL YEAR	PER SEMESTER
\$385	\$210
\$85 (per additional child)	\$50 (per additional child)

RETIRED FACULTY/STAFF & CONTRACTED EMPLOYEES

Grants access during all business hours.

FULL YEAR	MONTHLY
\$220 (single)	\$25 (single)
\$455 (family)	\$42 (family)

FITNESS CENTER

The Fitness Center (KEC) contains a variety of equipment including free weights, strength machines, and cardio.

GROUP FITNESS CLASSES

Faculty/Staff may participate in group fitness classes during free limited access times.

To participate in evening classes, faculty/staff must purchase an unlimited access membership.

For an updated schedule please visit www.uwgb.edu/urec/

PERSONAL TRAINING

Individual 1-hour sessions are available to faculty/staff . To get started, fill out a personal training request on the UREC website.

Single session	\$30.00
5 sessions	\$130.00
10 sessions	\$240.00
Personalized Exercise Program	\$65.00

INDOOR CLIMBING TOWER





To participate, faculty/staff must purchase an unlimited access membership. For updated open climbing hours, please visit the UREC website.

OUTDOOR RENTAL EQUIPMENT

UREC Outdoors offers a variety of outdoor equipment rentals including XC skis, snowshoes, kayaks, camping gear, and more!

Rent any of the equipment at a special university rate.

CONNECT WITH US

-  Website: uwgb.edu/UREC
-  Email: urec@uwgb.edu
-  Facebook: UREC at UW-Green Bay
-  Instagram: [@urec_uwgb](https://www.instagram.com/urec_uwgb)



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