

## Script for Rec Center

Hey guys! This is Mary Zuidema, and I'm going to give you some information on UNG's amazing Rec Center. The Rec Center has two floors. On the bottom floor, there is a section with free weights and three full size basketball courts, one of which is set up as a volleyball court. All equipment can be borrowed for use on the courts so you don't have to have your own unless you prefer to use it. The other important area on the bottom floor is called Outdoor Pursuits. There, you can borrow camping gear and similar items, and you can also sign up for trips like skydiving and skiing, all of which are at a discounted student rate. On the top floor, there is a 1/10 of a mile track with lanes for walking and running, a group exercise room where different classes like yoga and body pump are held, and a section with treadmills, ellipticals, bikes, assisted weight machines, and similar equipment. The most amazing part of the Rec Center is all of this is included within your tuition, so you don't have to pay out of pocket for any of the classes or borrowed equipment. The only thing that is out of pocket is the Outdoor Pursuits trips. I hope you guys have enjoyed learning more about the Rec Center and enjoy the rest of your tour! Go Nighthawks!