



# CAMPUS RECREATION

POTTRUCK HEALTH & FITNESS CENTER  
3701 WALNUT STREET

# CAMPUS RECREATION

- Membership
  - ~27,000 members in the Penn community
  - Students, faculty, staff & affiliates can join
  - General fee includes membership for full-time students
- Intramurals & Sport Clubs
  - IM Leagues offered in Spring, Summer & Fall
  - 36 Club teams with ~1,000 student-athletes
- Fitness & Wellness
  - Robust group exercise program
  - Free group exercise classes for members
  - Premium classes & personal training
  - Tailored Wellness events for Schools & Centers





# RECREATION FACILITIES



## Pottruck Health and Fitness Center

Join Pottruck and enjoy an array of fitness and wellness opportunities for everyone. Pottruck spans 120,000 sq ft. & **Five Floors**

Come explore all of our fitness spaces, including:

- Cardio Floors
- Weight Room
- Studio Spaces
- Olympic Pool
- Golf Simulator
- Turf Space
- Basketball Courts
- Spin Room
- Quiet Room
- Locker Rooms
- Quaker Fuel

## Fox Fitness Center

Our satellite facility is over 8,000 sq. ft. of indoor fitness space consisting of cardio, strength and free weight equipment

**#2** Nationally Ranked Rec Center



## Climbing Wall

Trained staff to help you learn to climb and more.

# PENN REC PROGRAMS

## Fitness & Wellness

Penn Rec is your one stop shop for all your fitness needs. With a vast array of group exercise, premium classes, personal training

- GroupEX (Les Mills, Spin, HIIT, and More!)
- Personal Training
- Premium Fitness (Penn FIT, Pilates, & More!)



## Aquatics

- Adult and youth Swim Lessons
- Floating Yoga
- Scuba Cert
- Red Cross Courses
- Aqua Fitness

## Adventure

- Bouldering and climbing wall
- Gear rentals
- Private Wall Rentals
- Instructional Courses

## Intramurals & Club Sports

Over 30 leagues and events all year long.

- Basketball, Softball, Soccer, Flag Football
- E-Sports, Ultimate Frisbee & More

In addition, our Club Sport program hosts 35 Men's, Women's and Co-Ed Teams.

# & SPECIAL EVENTS

## PennTRI

Join us for our annual PennTRI. This unique event provides an opportunity for the Penn Community to run, bike and swim in an indoor triathlon!

## HomeComing 5K

Check out our annual Homecoming 5k race hosted in Penn Park every Fall during Homecoming!

## Wellness Week

Wellness Week is a week free events to help the Penn Community relax and refocus on total wellness



## RACQUET SPORTS

Memberships are available for Hecht Center, Hamlin Courts and the Penn Squash Center. Programs include:

- Private lessons, Court Reservations
- Adult and Junior Lessons, and camps

For more info visit: [pennracquetsports.com](http://pennracquetsports.com)



# Spouse/dependent membership

- Full-Time Students who pay the general fee have their membership through their tuition
- If you have a spouse/dependent this information would be valuable in getting them a gym membership alongside you.
- Your spouse and/or dependent(s) are eligible to get a Penn ID card at the Penn Card Center!

## SPOUSE ID CARD STEPS

#1



#2



#3



#4



#4



# Spouse/dependent membership

- The Penn Card Center can be found at 3601 Walnut Street
- The Penn Card Center accepts three forms of verification of partners such as:
  - Marriage Certificate
  - Lease with both individuals' names on it
  - Two utility bills (1 in each person's name going to the same address)

## MEMBERSHIP OPTIONS

**SPOUSE/  
DEPENDENT**



**30 DAY PASS**

**\$70**

30 Day pass is good for 30 consecutive days from start date

**MONTHLY  
REOCCURRING**

**\$55**

Monthly Reoccurring comes with a 6 month agreement and is billed on the first business day of the month

**YEARLY**

**\$600**

One time payment for a full year. Saves \$60 over the course of a year



# Fitness & Wellness

Your membership grants you access to our free programming and special events!

## SPECIAL EVENTS

- Holiday Fitness Events
- First Fridays
- Rec Week

## GROUP EXERCISE

### FREE CLASSES:

- Aqua Fitness
- TRX Strength
- Yoga
- Mat Pilates Core
- Core 30



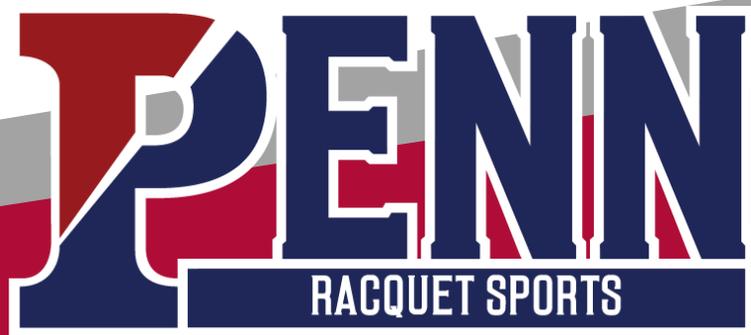
# BUSINESS DEVELOPMENT & SPECIAL EVENTS

- If interested in renting athletic space in Penn Park or Pottruck:
  - Fill out formsite link ([Rental Request Form](#))
  - Once link is submitted, a member of the Business Development department will be in touch within 3-5 business days
  - Event request must be submitted 2 weeks prior to event date
- Rental Rates
  - Student Group Rate: \$75 an hour
  - All Student Groups must be registered through VPUL



@pennathevents





# {PENN RACQUET SPORTS



**PENN TENNIS CENTER**  
240 S. 31<sup>ST</sup> ST



**PENN SQUASH CENTER**  
219 S. 32<sup>ND</sup> ST

# PENN TENNIS CENTER

- **Memberships** – FREE for Penn Students & Spouses
- **Court Reservations**- Indoor \$20, Outdoor FREE
- **Private Lessons** - \$100- \$110
- **Clinics** - For all skill levels
  - Adult 1.0-2.0
  - Adult 2.5
  - Adult 3.0
  - 2.5-3.0 Live Ball / Strategy
  - Adult 3.5-4.0
  - Adult 4.0+
  - Lunch Drill 2.0-3.5
  - Mid-day Doubles Mixer 3.5-4.0

## Tennis 101 –NEW!

This clinic five-week clinic is for beginners or those that have never played tennis. Players will work to develop an understanding and foundation of the game. Students will work on ground strokes, serves/returns, and rallying with one another. This class is the prerequisite for the Adult 1.0-2.0 clinics.

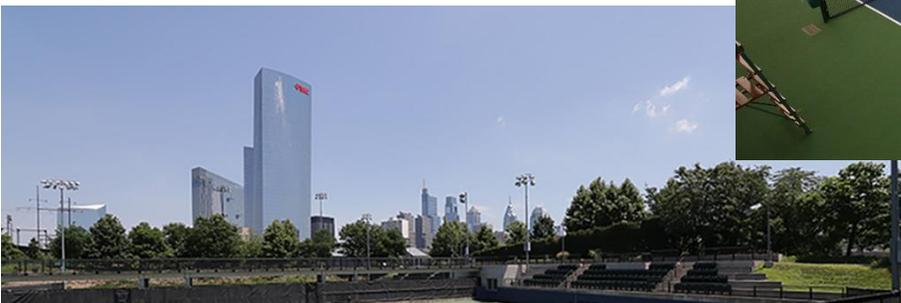
\$150

Tuesday 6:30-8:00pm  
Wednesday 10:30am-12:00pm  
Wednesday 6:30 —8:00pm  
Saturday 9:00-10:30am

### What will be taught:

Introduction  
Strokes  
Grips  
Footwork  
Rallying  
Rules of Play  
Singles and Doubles

For more information visit  
[pennracquetsports.com](http://pennracquetsports.com)



# PENN SQUASH CENTER

- **Memberships** – FREE for Penn Students & Spouses
- **Court Reservations**- FREE on courts 10,11,12
- **Private Lessons** - \$75- \$100

## Beginner & Intermediate Clinics

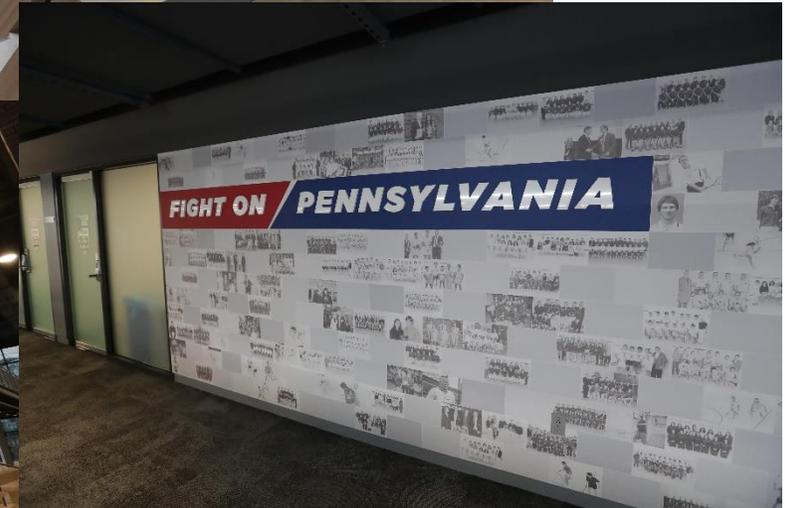
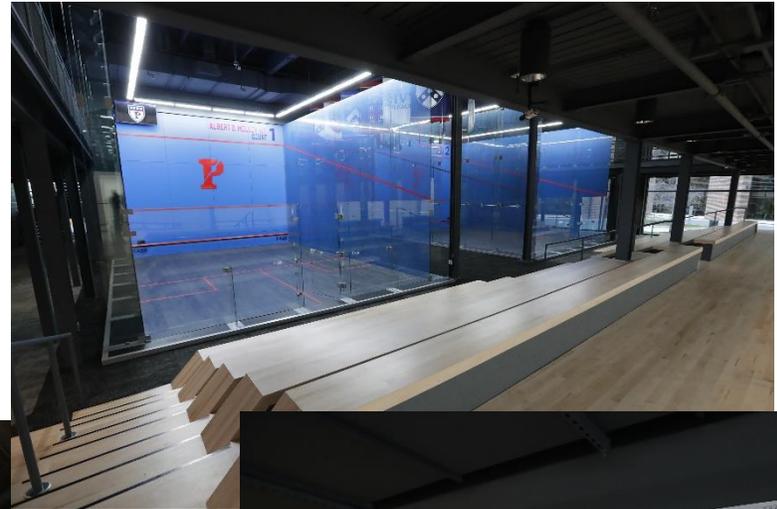
\$40

Monday 5-5:45p

Wednesday 5-5:45p

Saturday 11-11:45a

Free 30 mins of hitting after each clinic!



For more information visit  
[penracquetsports.com](http://penracquetsports.com)

