

# CAMPUS RECREATION & MASHOUF WELLNESS CENTER

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For more information about Campus Recreation or the Mashouf Wellness Center visit us, call (415) 405-WELL (9355), or visit <http://campusrec.sfsu.edu>.

The Mashouf Wellness Center offers recreation and wellness programs and activities for the San Francisco State University campus community. Serving as a new social center for the campus, the Center supports campus wellness and healthy living. The Mashouf Wellness Center is a student-driven wellness center whose mission is to guide personal development through transformative activities; foster a sense of belonging within our community; and to help promote a culture of health and wellness across the University. Currently enrolled students may gain entry by showing their SF State ID card. Memberships are available for purchase by SF State faculty, staff, and alumni.

Features of the Mashouf Wellness Center include: a climbing wall, massage therapy studio, three exercise studios, two gymnasium spaces, outdoor resource center, indoor pool facility with spa and sauna, spacious cardio and strength equipment areas, a jogging track, two racquetball/squash courts, locker room facilities, a juice bar, and a recreation field. The Mashouf Wellness Center is located at the corner of Font and Lake Merced Boulevards and hopes to obtain LEED Platinum certification from the US Green Building Council.

Campus Recreation offers programs providing opportunities for all students to participate in activities that promote wellness. A goal of the department is to encourage fun, fair play, and participation for all in a safe environment. Some wellness events include game nights, workshops and campaigns around campus, Recreation values, and highlighting dimensions of the wellness wheel.

Intramural sports leagues are offered in the Fall and Spring semesters with options for men's, women's, and coed recreation. Current sports include: indoor and outdoor soccer, flag football, volleyball, walleyball, spikeball, trenchball, and basketball. Students may register as a team or join as a free agent. Most leagues play weekly and have no team fee. Campus-wide special events include Costume Dodgeball and the SF State 5K Walk, Run, Roll.

Sport clubs are student-led organizations that meet regularly to pursue an interest in a competitive collegiate activity at the state, regional, and national levels. Sport clubs provide opportunities for students to enhance their collegiate experience. Sport clubs serve as an excellent setting for the development of athletic skills and leadership while providing important social outlets.

The informal recreation and aquatics programs are offered on a drop-in basis. Activities include: basketball, volleyball, indoor soccer, badminton, weight training, personal training, and swimming. Group X classes are led by certified instructors in Zumba, Yoga, Piyo, BodyPump, Pound, etc. These activities have no fee, but participants must show their SF State ID.

The Outdoor Resource Center offers outdoor equipment rentals, trip planning information to discover Bay Area destinations, and helps develop outdoor skills. The Outdoor Trips program is now open and offers many different types of trips and clinics including hiking, backpacking, mountaineering, rock climbing, hot spring soaking, backcountry cooking, and camping. Fall and Spring semester trips historically have sold out the first day, so make sure to mark your calendars.