

SEPTEMBER

THIS MONTH AT THE REC



Recurring Events:

Walk the Line Wednesday

11:00 AM - 2:00 PM | 9/11, 9/25 | SRC West Lawn

Women Rock

3:00 PM - 6:00 PM | 9/4, 9/18 | The Rock

Mind-Body Yoga

12:15 - 1:00 PM | Every Wednesday | Wellness Suite

Group Fit: Cardio | Mind & Body | Strength | Cycling

Mon - Fri | See schedule on csub.edu/recenter/group-fit

Open Hours	Monday-Thursday	Friday	Saturday	Sunday
SRC Facility	6 AM - 11 PM	6 AM - 10 PM	9 AM - 6 PM	4 AM - 11 PM
Rock Wall	11 AM - 8 PM	11 AM - 7 PM	CLOSED	
Wellness Suite	9 AM - 7 PM	10 AM - 3 PM	CLOSED	



@csubsrc



MON
2

- Labor Day - Campus Closed

TUE
3

- Rock Wall Walk-in Day
11:00 AM - 8:00 PM | The Rock
- Group Fit Classes Begin

WED
4

- Fantasy Football
5:30 PM - 6:30 PM
imleagues.com | ESPN Fantasy

THU
5

- Belay Clinic
4:00 PM - 5:00 PM | The Rock
- Kickball Tournament
5:00 PM - 8:00 PM | SRC Field

FRI
6

- Adult & Pediatric First Aid/CPR/AED Certification Blended Learning Course*
5:00 PM - 7:30 PM | SRC Solario

SAT
7

- Kern River Tubing*
9:00 AM - 4:00 PM | Kern River
S: \$15 | M: \$20

TUE
10

- Shout-A-Route
1:00 PM - 7:00 PM | The Rock
- Flag Football Free Agent Play Day
6:00 PM - 7:30 PM | SRC Field

WED
11

- Craft Time - Suncatcher Window Art
2:00 PM - 4:00 PM | Wellness Suite
- Beach Volleyball Free Agent Play Day
6:00 PM - 7:30 PM | Beach Volleyball Complex

THU
12

- Lead Clinic
4:00 PM - 5:00 PM | The Rock
- Pickleball Free Agent Play Day
6:00 PM - 7:30 PM | SRC Gym Court 3

SAT
14

- Cayucos Surfing*
7:00 AM - 6:00 PM | Cayucos, CA
S: \$70 | M: \$85

TUE
17

- Pull-up Contest
6:00 AM - 11:00 PM | FitTower
- Bikes and Bites
12:30 PM - 2:00 PM | Meet in SRC Lobby
- Mountains of the World - South Korea & Japan
11:00 AM - 8:00 PM | The Rock

WED
18

- Leave No Trace Workshop
11:00 AM - 8:00 PM | SRC North Lawn
- Tug of War Competition
1:00 PM - 3:00 PM | SRC North Lawn
- Create-Your-Own Vision Board Wellness Workshop
7:00 PM - 9:00 PM | SRC Solario

THU
19

- Crate Stacking Night
4:00 PM - 8:00 PM | The Rock

FRI
20

- Kern River Tubing*
9:00 AM - 4:00 PM | Kern River
S: \$15 | M: \$20
- Dyno Competition
11:00 AM - 7:00 PM | The Rock

SAT
21

- The Post Climbing Gym*
8:00 AM - 4:00 PM | Pasadena, CA
S: \$25 | M: \$35

WED
25

- Climbing Series - Speed Competition
9/25 - 9/27 | RW Open Hours | The Rock
- Craft Time - Flowerpot Painting
2:00 PM - 4:00 PM | Wellness Suite
- Weightlifting Workshop: Intro to Deadlift
6:00 PM - 7:00 PM | Sierra Studio & Platforms

SAT
28

- Kern Waterslides Hike*
9:00 AM - 4:00 PM | Kernville, CA
S: \$15 | M: \$20