# RUNDOWN May 2015



#### **SUMMER PROGRAMS**

Sign up for one of our many great classes this summer, including:

- TRX Bootcamp
- Synergy Circuit Training
- Fit Over 40
- Swim & Tennis Lessons
- and MORE!

Find class details & register online at reconnect.bc.edu!

<u>UNDERGRADS</u>: Even if you are not taking classes over the summer, you still have your membership at the Plex!

## MAY @ BC REC

- 7 Hut closes until August 30
- 1 Happy Mother's Day!
- 12 Plex summer hours begin
- 17 Non-renewed lockers must be emptied by today
- 18 Commencement!



- 18 Plex closed for cleaning day
- 19 Plex closed for cleaning day
- **21** Private Swim Lessons on sale
- **23-25** Plex closed for Memorial Day Weekend
  - **26** New locker rentals on sale
  - **26** Private Tennis Lessons on sale
  - **27** Summer Memberships Begin!

#### **SUMMER HOURS**

The Quonset Hut will be closed from May 7 - August 30.

From May 12 - August 30, Plex hours will be:

- Mon Fri: 6 a.m. 8:45 p.m.
- Sat Sun: 9 a.m. 5:45 p.m.



Visit bc.edu/rec for the most up-to-date information on hours and holiday closures.

## **MEMBERSHIPS**

**Summer** memberships for graduate students, faculty/staff, alumni, and community members are on sale now! **Annual** memberships can also be renewed now. *The deadline to renew by payroll deduction is June 8*. For details on pricing, visit: **bc.edu/rec/membership** 

Starting June 1, we will be introducing monthly memberships for faculty/staff and graduate/exchange students. Rates are \$45/month for faculty/staff and \$40/month for graduate/exchange students.

To join, or for more information, please call (617) 552-0797 or stop by Member Services at the Plex.

#### **LOCKER & TOWEL SERVICE**

Locker renewals and towel service are on sale now. All lockers that are not renewed must be emptied *no later than May 17*. New locker rentals go on sale **May 26**.



## MASSAGE THERAPY AT THE PLEX

Our Massage Therapist is skilled in a variety of different techniques, allowing for a tailored massage to your needs, for optimal relaxation and restoration.

#### **MASSAGE TYPES**

Swedish (relaxation)
Sports Massage
Deep Tissue
Trigger Point Therapy

#### **MASSAGE TIMES**

 DATES
 DAYS
 TIMES

 now-6/22
 Mon
 11:30am-3:30pm

 now-6/23
 Tues
 11:30am-3:30pm

To book an appointment, call (617) 552-0797. Learn more at: **bc.edu/offices/rec/programs/massage** 

## **TABLE TENNIS OPEN REC HOURS**

Table tennis open recreation hours will be as follows until Friday, May 15:

#### **General Hours**:

Tuesdays: 6 p.m. - close Fridays: 6:30 p.m. - close Sundays: 9a.m. - 6:30p.m.

\*Hours are subject to change due to special events, building closures, and maintenance.

