CBU | RECREATION CENTER

cbu

CBU | RECREATION CENTER

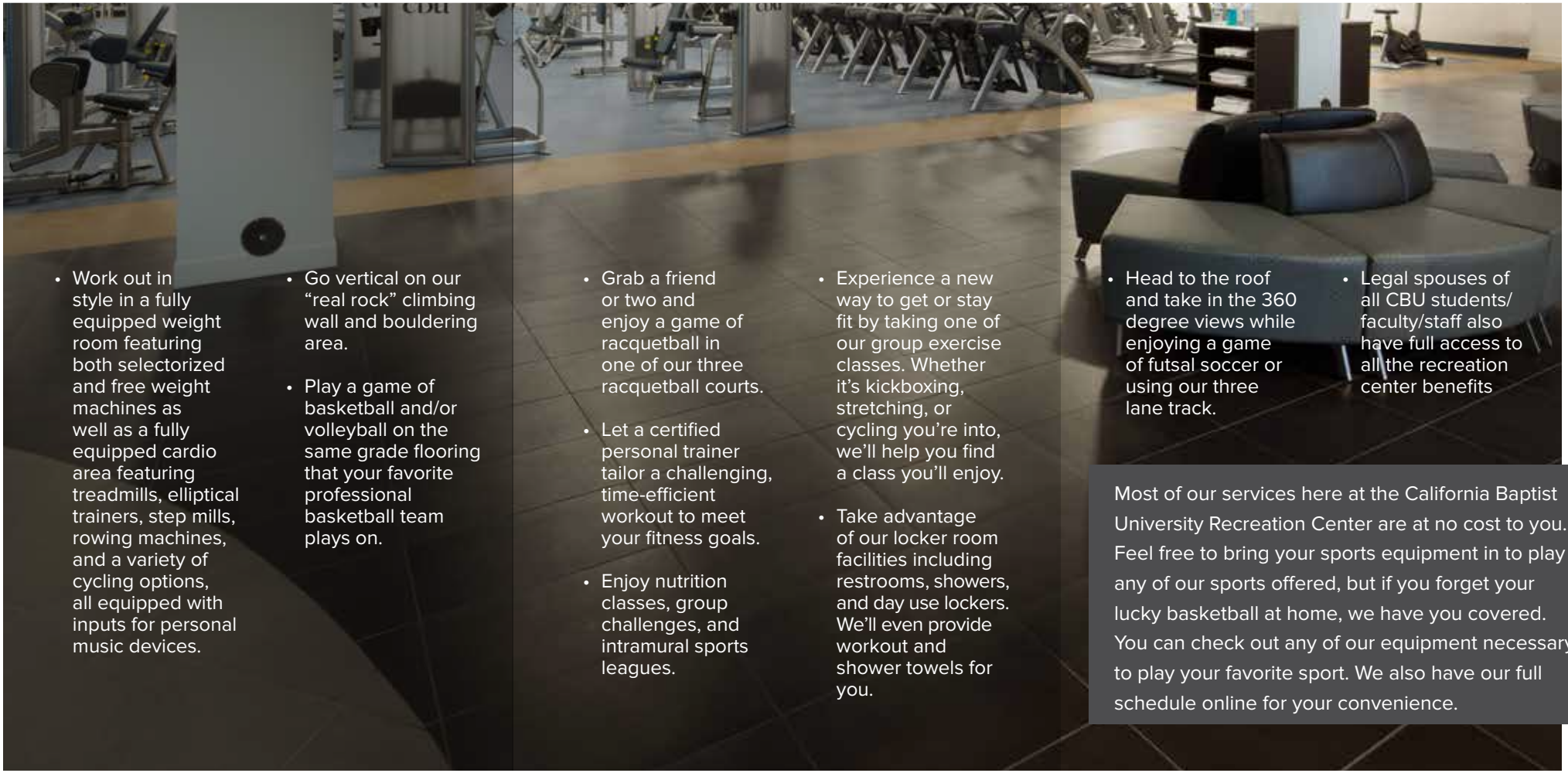
Get ready to enjoy almost 60,000 square feet of invigorating, energizing, action-packed recreational space! This three-level, state-of-the-art facility, has everything you will need to reach your fitness goals. Play a game of soccer on our futsal field, go for a ride in one of our cycling classes, have a fun time in zumba class, all while letting off some steam, burning calories, and getting healthy!

For hours of operation or additional information, visit the recreation center at www.calbaptist.edu/recreation or call (951) 552-8580

RECREATION CENTER

AT CALIFORNIA BAPTIST UNIVERSITY

CBU | RECREATION CENTER



- Work out in style in a fully equipped weight room featuring both selectorized and free weight machines as well as a fully equipped cardio area featuring treadmills, elliptical trainers, step mills, rowing machines, and a variety of cycling options, all equipped with inputs for personal music devices.
- Go vertical on our “real rock” climbing wall and bouldering area.
- Play a game of basketball and/or volleyball on the same grade flooring that your favorite professional basketball team plays on.
- Grab a friend or two and enjoy a game of racquetball in one of our three racquetball courts.
- Let a certified personal trainer tailor a challenging, time-efficient workout to meet your fitness goals.
- Enjoy nutrition classes, group challenges, and intramural sports leagues.
- Experience a new way to get or stay fit by taking one of our group exercise classes. Whether it’s kickboxing, stretching, or cycling you’re into, we’ll help you find a class you’ll enjoy.
- Take advantage of our locker room facilities including restrooms, showers, and day use lockers. We’ll even provide workout and shower towels for you.
- Head to the roof and take in the 360 degree views while enjoying a game of futsal soccer or using our three lane track.
- Legal spouses of all CBU students/ faculty/staff also have full access to all the recreation center benefits

Most of our services here at the California Baptist University Recreation Center are at no cost to you. Feel free to bring your sports equipment in to play any of our sports offered, but if you forget your lucky basketball at home, we have you covered. You can check out any of our equipment necessary to play your favorite sport. We also have our full schedule online for your convenience.