The University of Houston Department of Campus Recreation provides recreational programming and information for educational purposes. Please consult a healthcare professional before beginning this or any other fitness or recreation program to determine what is best suited for you and your needs. If at any point you begin to feel faint, dizzy, any physical pain, or shortness of breath, please stop participating immediately and if symptoms persist, call 911 or your health care provider.

**JOIN OUR GROUP FITNESS CLASSES LIVE**

The Rec is temporarily suspending in-person workouts in the facility until further notice, but we encourage other forms of activity to support your health and well-being! Tag us when you participate in our remote workouts, challenges, and live group fitness classes. Check our websites virtual programming for more details!