



# FRIDAY, OCTOBER 22 4:00 TO 8:00 PM UMSL RECREATION & WELLNESS CENTER NEIGHBORHOOD OPEN HOUSE

Community members are invited to enjoy the amenities of the UMSL Recreation & Wellness Center. A personal trainer will be on site to discuss plans and do some free assessments and the membership office will be open for questions until 6:00 PM.

Note: attendees must present their UMSL Community card to attend without being charged a guest pass fee. [Click here](#) for eligibility or to register for a card which can be picked up at the event. Otherwise, there is a \$3/person entry fee.

**UMSL**



**EXTENSION &  
ENGAGEMENT WEEK | 2021**

**OPEN ACCESS TO  
TRACK, GYM  
EQUIPMENT,  
FITNESS  
MACHINES, AND  
MORE!**

**CLIMBING WALL  
4:00 TO 7:00PM**

**POOL OPEN  
4:30 TO 7:30PM**

**PERSONAL  
TRAINER ON-SITE  
4:00 TO 6:00PM**

**MEMBERSHIP  
OFFICE OPEN 4:00  
TO 6:00PM**

**UMSL RECREATION  
& WELLNESS  
CENTER**

11 Arnold B. Grobman Drive  
St. Louis, MO 63121  
314-516-2348

[umsl.edu/campusrecreation](http://umsl.edu/campusrecreation)