Recreational Sports and Fitness, a unit within the Department of Athletics and Recreation, provides facilities and programs designed to make it easy for the AU Community to be active. Recreational Sports and Fitness serves the AU Community with health, fitness, and recreational programs to meet a variety of needs and interests. Through our facilities and programs, we strive to provide an innovative Recreational Sports and Fitness experience for a diverse population, while helping to encourage broad participation and active lifestyles. Recreational Sports and Fitness is the AU students’ outlet for a healthy release from academic rigor and helps educate and develop lifelong habits of activity.

Recreational Sports and Fitness Facilities

Recreational Sports and Fitness has two gym locations. Jacobs Fitness Center is located off of the Sports Center lobby by Bender Arena. Cassell Fitness Center can be found in the bottom level of Cassell Hall. For further information, a monthly calendar, and facility hours, please visit our website at www.american.edu/recfit.

Our facilities provide a variety of the latest fitness equipment. The cardio areas include stationary bicycles, treadmills, elliptical trainers, step machines, and rowers. The strength training area provides free weights, plate-loaded and selectorized equipment, as well as kettlebells. Day use lockers are available for member use. Your student ID provides access to the fitness center. Prior to your first visit, stop by the front desk at either location to fill out the required registration forms.

Recreational Sports and Fitness is full-service department. For an additional fee, we offer a wide range of programs and services such as: Group Exercise Classes, Instructional Programs, Personal Training, Fitness Assessments, and Locker Rentals. Our fitness centers also host to several competitions and special events throughout the year, including: Strength Contests, Weekly Challenges, 5K Races, and Fitness Programs.

At Jacobs Fitness Center, during certain hours, students also have access to our swimming pools and basketball gymnasium, as well as the Jacobs Recreational Complex, which includes sand volleyball courts, a softball diamond, and turf field. Outdoor basketball courts, tennis courts and the Greenberg track are also available for use to all students.
Student Employment

Student positions are available throughout the school year and summer including: Fitness Leaders, Member Services Specialists, Wellness Ambassadors, Photographers, Certified Group Exercise Instructors, Certified Personal Trainers, Certified Lifeguards, and Intramural Officials. Stop by the front desk at either location to pick up an application! Federal Work Study welcomed!

Club Sports

The American University Club Sports Program consists of numerous competitive, collegiate club teams. Each club is formed, developed, governed, and administered by the student membership of that particular club working in conjunction with the Club Sports Office. American University Club Sports teams participate in a number of leagues and associations that operate under the direction of each respective sports national governing body. They compete against recognized intercollegiate club programs. Several of American University Club teams are nationally and/or regionally ranked.

Current Club Sports:
Baseball  
Basketball  
Crew  
Cycling  
Equestrian  
Field Hockey  
Golf  
Gymnastics  
Men's/Women's Ice Hockey  
Men's/Women's Lacrosse  
Men's/Women's Rugby  
Sailing  
Men's/Women's Soccer  
Softball  
Tae Kwon Do  
Tennis  
Men's/Women's Ultimate Frisbee  
Men's/Women's Volleyball  
Water Polo

Intramurals

Intramural Sports are a fun and exciting way to stay physically active in a competitive environment. Our program offers over twenty different events each year. Leagues are available for men's, women's and co-recreational teams. Two levels of play are offered for the major team sports; competitive and recreational. Major team sports include flag football, indoor soccer, outdoor soccer, softball, basketball and volleyball. Other activities throughout the year include a three point contest, wiffle ball, dodgeball, kickball, chess, checkers and many more.

For more information regarding Club Sports and Intramurals, please visit www.american.edu/recfit/.