Welcome to American University!

Jacobs Fitness Center

The Jacobs Fitness Center is located off of the Sports Center lobby by Bender Arena. Semester Hours are: Monday - Thursday, 6:00 am - midnight, Friday, 6:00 am - 10:30 pm, Saturday, 8:30 am – 8:30 pm and Sunday, 10:30 am - 10:30 pm. Please check our website for any adjustments to this schedule: http://cf.american.edu/Jfc/calendar/www/calendar.cfm.

The Jacobs Fitness Center provides a variety of the latest fitness equipment. The cardio mezzanine includes stationary bicycles, treadmills, elliptical trainers, step machines, and rowers. The strength training area provides free weights, as well as plate-loaded and selectorized equipment. Locker rooms are available for use on the lower level. Jacobs Fitness Center also offers three satellite dorm fitness facilities for residents across campus. Your student ID provides access to the fitness center. Prior to your first visit, stop by the facility to fill out the required registration forms.

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. For further information, a monthly calendar, and facility hours, please visit our website: www.american.edu/recfit.

Club Sports

The American University Club Sports Program consists of 21 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 sport’s national governing body. They compete against recognized intercollegiate club programs. Several of American University Club teams are nationally and/or regionally ranked. Visit http://www.american.edu/recfit/Club-Sports.cfm# for more information.

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 3 point contest, hot shot contest, wiffle ball, dodgeball, kickball, chess, checkers and many more. Visit http://www.american.edu/recfit/intramurals.cfm for more information.

Student Employment

Student positions are available throughout the school year and summer including: JFC Fitness Leaders, Residence Hall Fitness Leaders, Member Services Specialists, Certified Group Exercise Instructors, Certified Personal Trainers, Certified Lifeguards, and Intramural Officials. Stop by the Jacobs Fitness Center front desk today to pick up an application. Federal Work Study welcomed! For more information, please visit http://www.american.edu/recfit/RSFEmployment.cfm.
RECREATIONAL SPORTS & FITNESS

Fitness Programs

Group Exercise Program

Looking for a way to exercise and have fun at the same time?! Our group exercise program offers something for everyone! Our instructors provide a safe, fun and effective environment and welcome participants regardless of age or fitness level. We are dedicated to providing diverse exercise opportunities to the AU community and class formats range from yoga and spinning to water aerobics and kickboxing. www.american.edu/recfit/jfcgroupex.cfm

Instructional Programs

Different from our Group Exercise classes, our Instructional Programs focus on a progression of postures, exercises and techniques over a series of weeks. Classes are appropriate for all fitness levels and previous experience is not needed. Popular programs include Vinyasa and Anusara-Inspired Yoga as well as Karate. Classes are offered each semester, including summer, and range from 6 - 12 weeks in length. www.american.edu/recfit/jfcinstructional.cfm

Residence Halls

In addition to the Jacobs Fitness Center, we offer 3 satellite facilities to students with an assortment of cardio and strength equipment. Locations include McDowell, Letts and Capital (Tenley) Residence Halls. These facilities are open daily throughout the academic year. For more information visit www.american.edu/recfit/jfcreshalls.cfm

Personal Training

Our personal trainers will provide you with the information and instruction you need to reach your health and fitness goals. We offer a range of training packages from basic fitness assessments to 15-session multi-packs. We will help you set goals, develop programs, learn new exercises and motivate you towards your goals. Trainers are on staff throughout the fall and spring semesters as well as the summer term. Whether you prefer mornings, evenings or weekends, we work hard to accommodate your schedule! www.american.edu/recfit/jfcpersonaltraining.cfm

Special Events

Each semester our Health Fitness Supervisors plan and organize special events for the campus community. Past programs have included a Physical Therapy screening session, Zumba Extravaganza, Biathlon, Turkey Trot, Blood Drive and more! All events are posted on our website and advertised at the Jacobs Fitness Center. www.american.edu/recfit/jfcevents.cfm

CONTACT US WITH ANY QUESTIONS!

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