



RECREATION & FITNESS

WELCOMING FACILITIES

The Mueller Center is the hub of personal fitness and wellness on the Rensselaer Campus. Operated by the Rensselaer Union, the Mueller Center's facilities, classes, and special programs foster a friendly, judgement free environment.

FITNESS CLASSES

Each semester and during the summer, fitness classes are offered in the Mueller Center for students, faculty and staff. Most classes require a small fee to participate. Here is a small sample of the classes offered.

- Boxing
- HIIT
- Pilates
- Tai Chi
- Toal Body Tone
- Turbo Kick
- Yoga
- Zumba



WELLNESS INSTITUTE



A multi-department collaboration to promote health and wellness programs to the RPI community. If you are interested in joining the Student Wellness Committee, be sure to contact us to learn more about how to join.

- Nutrition 101 Workshops
- Stress Relief Days
- Wellness Wednesdays

WEIGHT ROOM & CARDIO FLOOR

With state-of-the-art equipment and a Certified Personal Trainer and Strength Coach, the Mueller Center has what you need to meet your strength and fitness goals.



CLUB SPORTS

A major component to recreation and fitness is our club sports program. With over 54 competitive teams and over 2,000 participants, students can stay active.

INTRAMURAL SPORTS

We have over 5,500 participants over the 23 sports offered over the fall and spring semesters. Register for a team or join as a free-agent. To view sports or register, visit imleagues.com/RPI.

Fall 2017 Intramural Sports

Registration opens: August 28th

Session I begins: September 11

Session II begins: October 10th



RENSSELAER UNION
 rpiunion@rpi.edu
 www.union.rpi.edu/recreation
 Twitter: @RPIMuellerCent
 Facebook: /muellercenter
 /rpi.intramurals

Mueller Center
 (518) 276-2874
 Regular Fall and Spring Hours
 Mon. - Thurs. 7am - 12am, Fri. 7am - 9pm,
 Sat. 9am - 7pm, Sun. 9am - 12am



Rensselaer