

Student Recreation Center

at Old Dominion University

Features:

- 15,000 sq. ft. multi-level Fitness Center with strength cardio and free weights
- Indoor swimming pool
- Indoor running track
- 3 court gymnasium
- Multipurpose court
- 3 group exercise studios
- Cycling studio
- 3 raquetball courts
- Pro Shop
- Outdoor Adventure and Rental Center
- Bike and skate shop
- Indoor climbing wall



*25% off Faculty/Staff,
Alumni, and Community
memberships*

May 1 - May 31

“Small changes
can make a
BIG
difference”



Join the SRC today!

For more information:
757-683-3384
www.odu.edu/recsports


OLD DOMINION
UNIVERSITY
I D E A F U S I O N

Old Dominion University
Recreation and Wellness
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Norfolk, VA 23529