

# CAMPUS RECREATION

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Location: Student Activities Center

Telephone: 678-466-4971

Website: Campus Recreation (<https://www.clayton.edu/laker-life/recreation/>)

Campus Recreation at Clayton State University provides students with engaging and accessible opportunities to stay active, build community, and enhance their overall well-being. Through a wide range of programs and services, Campus Recreation promotes physical fitness, social connection, and personal growth outside the classroom.

Students can participate in Intramural Sports that offer friendly competition and team-building experiences. Fitness Programs include a wide range of group fitness classes, recreational activities such as hiking and outdoors adventures, and for those seeking a more competitive experience, club sports provides an opportunity to represent Clayton State in organized competition.

Whether you're looking to compete, stay in shape, or simply try something new, Campus Recreation offers something for every level of interest and ability. For more information, please visit us on the 2nd Floor in the Student Activities Center (SAC).