

Campus Recreation

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Campus Recreation (<https://www.neiu.edu/university-life/campus-recreation/>) assists the Northeastern Illinois University community in establishing and maintaining a healthy lifestyle through a variety of recreation, fitness, and sport activities designed to foster individual development and enrich university life. Programming initiatives such as group fitness classes, personal training, fitness assessments, intramural and club sports, adventure programming, swimming lessons, student employment and development, health and safety courses and special events take place in a welcoming and inclusive environment throughout the main campus and satellite locations. Campus Recreation also partners with city-wide agencies and programs for high school sports, youth and adult recreational sports, camps and special events.