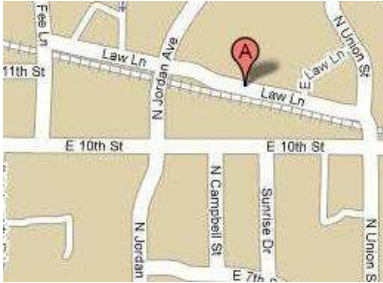


**SELF-GUIDED WALKING TOUR**  
**Health and Fitness at IUB**

Taking care of oneself and staying in shape are great ways to keep stress in check during grad school. Plenty of health and wellness resources are available on the IUB campus.



Start off at the **Student Recreational Sports Center** or **SRSC** on Law Lane. Their fitness facilities include weights, cardio machines, an indoor track, an Olympic-sized pool and diving well, and courts for

playing racquetball, squash, basketball and more. A variety of free cardio and strength training classes are offered daily. Yoga, Pilates, spinning classes and personal training are available to students for competitive fees. The SRSC is home to over 40 club and intramural sports you can get involved in, ranging from soccer to karate to rowing. (Academic year hours 6am-11:30pm, 6am-9pm Fridays, 8am-9pm Saturdays, 8am-11:30pm Sundays)



After exploring the SRSC, head over to the **IU Health Center** at 10<sup>th</sup> and Jordan. Routine medical exams (including GYN) are available to students enrolled in more than 3 credit hours (1 class) for \$20. Other services like x-

rays and lab tests are also provided. There are many other helpful services available to students for free or at low rates including counseling, smoking cessation, and massage. International travelers can obtain necessary vaccinations at the Health Center's Travel Clinic. (Hours: 8am-4:30pm)



Continue west on 10<sup>th</sup> Street. After crossing Fee Lane, you will notice a fenced field on your left. **Woodlawn Field** is a multipurpose athletic field used by many of the intramural and club sports,

so expect to see a game of ultimate Frisbee, lacrosse or soccer going on. The sand track around the field is open to runners and walkers. South of the field you will notice some tennis courts. These are open to anyone when not in use by classes.

The tennis courts are adjacent to the **Health, Physical Education and Recreation (HPER)** building. HPER houses several academic programs and manages the SRSC, outdoor fields and other fitness facilities. The HPER building



contains workout and fitness class facilities similar to the SRSC's, including a pool, ball courts, weights and a locker room with saunas and showers. The Wildermuth Gym on the southeast has an indoor track and basketball/volleyball courts with equipment check-out. (Same hours as SRSC with some facilities reserved for classes during morning and early afternoon hours)

Other health and fitness facilities include:

- The **IU Outdoor Pool** at 17<sup>th</sup> Street and Fee Lane. Admission runs \$2-3. This is the only IU pool where you can swim, dive and get a tan.
- The **IU Tennis Center** on Fee Lane north of Assembly Hall. Annual membership enables students to rent one of the eight indoor courts and take classes from experts.
- The **IU Golf Courses** are located on the 45-46 bypass northeast of campus. The 18-hole championship course and 9-hole executive course are open from sunrise to sunset 364 days a year (weather permitting). The lighted driving range is open from 8am to 10pm (March - October) and sunrise to sunset (November - February).
- Woods and rolling hills provide a pleasurable 5-10k run at the **IU Cross Country Course**, located near the golf courses just off the 10<sup>th</sup> Street/45-46 bypass intersection.
- The 5+ acre **Hilltop Garden and Nature Center** facility at is 2367 E. 10<sup>th</sup> Street includes a nature center, greenhouses, and outdoor planting areas. Hilltop provides year-round opportunities for student participation, including internships and experiential classes in garden management. Other programming includes summer garden programs for children and teens, therapeutic horticulture programs for older adults and the disabled, community garden programs, home-school and preschool programs.
- The **Center for Human Growth**, housed in the School of Education on 7<sup>th</sup> street between Jordan and Union. Students and the public can receive counseling here from advanced graduate students in the Counseling Psychology program on a self-determined sliding-scale fee schedule.
- There are many fitness opportunities around Bloomington, including several private gyms and the **Monroe County YMCA** (2125 S. Highland Avenue). The **City of Bloomington Parks and Recreation** department ([www.bloomington.in.gov](http://www.bloomington.in.gov)) offers fitness classes, facilities and sports leagues for all ages. Ψ

