

# RECREATION AND WELLNESS

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Location: Student Activities Center

Telephone: 678-466-4971

Website: Recreation and Wellness (<https://www.clayton.edu/recwell/>)

Maintaining one's holistic well-being is a herculean and constant pursuit. Fortunately, Clayton State students have the Department of Recreation & Wellness (DRW) to aid them on their journey to being a healthy and productive member of society. To help students reach their physical, social, emotional, and intellectual goals DRW provides the Clayton State community with an environment that is fun, relaxing, and supportive of attaining a holistic lifestyle practice. DRW also provides opportunities for daily participation in recreation and leisure activities such as intramural sports, outdoor adventures, equipment rental, group exercise, personal training, and more.

For more information, please visit the Fitness Center, located in the Student Activities Center (SAC).