

**HEALTH...  
STATE OF BODY.**

  
**RED ROCKS**  
COMMUNITY COLLEGE  
STUDENT RECREATION CENTER

**WELLNESS...  
STATE OF BEING.**

*~Coming This Fall~*

Student Recreation Virtual and Remote Offerings

- DIY Outdoor Adventure
- Design-Me-A-Workout
- Ask a PT
- Virtual AT Hike
- Spa Week
- Nutrition Tips
- WODs
- and Much More!



**RRCC Student Recreation**

**@rrccstudentrec**

**www.rrcc.edu/src**

