

Campus Resources for Physical Activity

Campus Recreation

- Operates two fitness centers, ice arena, tennis courts and playing fields. Offers a wide range of physical activity classes, equipment, activities and programs.
- <http://www.campusrec.illinois.edu/>

Campus Wellbeing Services

- Periodic physical activity challenges and mid-day walks.
- <https://www.humanresources.illinois.edu/campus-wellbeing-services/index.html>

iWalk Toolkit

- Online headquarters for campus walking. Includes info on starting a walk program, safety, maps, more.
- <https://go.illinois.edu/iWalk>

Bike Illinois

- Online headquarters for campus cycling. Includes info on bike registration, safety, maps, and events.
- <https://bike.illinois.edu/>

Campus Bike Center

- Offers bike maintenance classes, refurbished bike purchase, campus bike registration, and more.
- <https://campusrec.illinois.edu/programs/campus-bike-center/>

Veoride

- Operates bike-share program serving campus, and Champaign-Urbana.
- <https://www.veoride.com/uiuc/>

SKY@UIUC

- Offers hybrid yoga/meditation sessions, semi-annual retreats.
- <http://calendars.illinois.edu/list/2074>

Krannert Art Museum

- Offers free, weekly yoga classes.
- <https://kam.illinois.edu/events>

Allerton Park

- Offers periodic yoga classes, hikes and other physical activities.
- <https://allerton.illinois.edu/weddings-and-special-events/>

Illini Union

- Bowling in the Rec Room. Individual and group lane rentals, and league play.
- <https://union.illinois.edu/see-and-do/fun/illini-union-rec-room/bowling>

CAMPUS WELLBEING SERVICES

humanresources.illinois.edu/campus-wellbeing-services