MISSION
The Office of Campus Recreation and Well-being provides purposeful programming and a state-of-the-art facility that inspires, educates and empowers students and the campus community to develop their strengths and cultivate healthy and active lifestyles.

VALUES
Service, Respect, Diversity and Inclusion, Leadership, Customer Service, Healthy Lifestyle, Responsibility

VISION
To enrich the mind, body, and spirit of our campus community.

SERVICES
Informal recreation, fitness center and wellness incentives, intramural sports, group fitness, health promotion and student wellness programming, personal training, certifications.
PROFESSIONAL STAFF

WHITNEY CRULL
DIRECTOR

JEFF MOORE
HEAD STRENGTH AND CONDITIONING COACH

JONI EISENHAUER
ASSISTANT DIRECTOR OF HEALTH PROMOTION

- Social Media
- Intramurals
- Group Fitness
- Fitness Center
- Memberships
- Staffing/Personnel
- Personal Training
- Rentals

- The Well
- Student Wellness Advocates
- Demo Kitchen
- Relaxation Room
- Nutrition Counseling
- CPR

ATHLETICS S & C
PERSONAL TRAINING
LET'S TALK NUMBERS

**FACILITY USAGE**
- Building check-ins: 80,361
- Fitness center check-ins: 52,769
- Guests: 3,775

**GROUP FITNESS**
- Total classes offered: 345
- Total participants: 2,755

**INTRAMURAL SPORTS**
- Sports offered: 15
- Total participants: 788
- Unique participants: 441
- Games played: 564

**HEALTH PROMOTION**
- Health promotion programming and services participants: 2,879
  - Includes demo kitchen classes, the well, relaxation room, nutrition consultations, CPR classes, SWAG programs

**RECWELL PROGRAMMING**
- Wellness incentive participants: 638
- Off-campus trips: 5

**STRENGTH AND CONDITIONING**
- Sessions: 1,102
- Tests: 38,968

*July 2023–June 2024*
NEW PROGRAM ALERT

PERSONAL TRAINING

IN THE FALL OF 2023, RECWELL LAUNCHED THE FIRST EVER PERSONAL TRAINING PROGRAM FOR ELIZABETHTOWN COLLEGE. THE SERVICE IS AVAILABLE FOR A NOMINAL FEE FOR ALL ETOWN STUDENTS, FACULTY, STAFF AND AFFILIATE/FAMILY REC PASS MEMBERSHIPS. WE STARTED WITH ONE TRAINER AND QUICKLY NEEDED TO HIRE MORE TO MEET DEMAND. BY SPRING OF 2024, WE HAD 4 TRAINERS. WE OFFER EDUCATION, MOTIVATION, EXPERIENCE, AND AFFORDABILITY TO OUR STUDENT TRAINERS AND CAMPUS CLIENTS.

10 CLIENTS
12 CONSULTATIONS
127 SESSIONS

MADI NOWATNICK
OLYVIA SERILLO
EVAN JARRELL
ANTON RASHCHYNISKI
TOP ROW: PASO POR PASO, CANDY APPLE BAR, SUICIDE PREVENTION WEEK NATURE WALK, CLIMBING NIGHT AT THE NOOK
2ND ROW: ARCHERY TAG TOURNAMENT, SUNRISE YOGA, OUTDOOR SPIN
3RD ROW: CLUBS AND ORGS FAIR, BUBBLE SOCCER
4TH ROW: JAY PLAY DAY
STUDENT STAFF

AWARDS

JORDAN FIGUEROA
RECWELL STAFF OF THE YEAR

MISAKI YAMAGUCHI
INTRAMURAL STAFF OF THE YEAR

MERZADEE BUYS
GROUP FITNESS INSTRUCTOR OF THE YEAR

MEGHAN GIUSTI
SWAG OF THE YEAR

ABBY HELLER
FITNESS CENTER ATTENDANT OF THE YEAR

MADI NOWATNICK
PERSONAL TRAINER OF THE YEAR

STUDENT EMPLOYMENT AT A GLANCE

As one of the largest providers of on-campus employment, we offer numerous opportunities for our students to grow, explore and showcase their skills and passions.

53 Fitness Center Attendants
15 Intramural Staff
13 Swags
5 Group Fitness Instructors
4 Personal Trainers
6 Supervisor Roles
HOME IMPROVEMENTS

OTHER:
- CREATED A PERSONAL TRAINER AND CONSULTATION OFFICE
- INCREASED SAFETY MEASURES WITH EXTENSIVE CAMERA SYSTEM

- INSTALLED ROOM OCCUPATION DISPLAYS TO REDUCE PAPER USAGE AND REFLECT REAL-TIME CHANGE
- ADDITIONAL POWERLIFT ADJUSTABLE BENCHES
- CONCEPT 2 UPRIGHT SKI ERG
- NEW DISPLAY SIGNS FOR MARKETING AND ADVERTISING
- NEW MATRIX GLUTE TRAINER
FAVORITES

SOCIAL MEDIA TOP POSTS

ROWVEMBER CHALLENGE WINNER

BOWERS CENTER TOTE BAGS

PERSONAL TRAINER INTRODUCTIONS

FOLLOW US!