



DR. FIELDS' NOTE

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STAY ACTIVE WITH REC SERVICES!







EXPLORE THE SPRING 2025 GROUP X SCHEDULE







PUT YOUR STAMINA TO THE TEST!

JUMP ROPE COMPETITION



SHOUT OUT TO OUR ULM'S WATER SKI TEAM!





CHAMPIONS ON THE WATER

POOR MAN'S RUN

REGISTER TODAY TO SUPPORT A GREAT CAUSE

