

# **Fitness and Wellness Special Events - Spring 2018**

## **January 16-27 Free Preview Weeks – Group Fitness**

Preview all our Group Fitness classes for free these first two weeks! Try classes such as Real Ryder Cycling, Aerial Yoga & TurboKick just to name a few. Also, try our all new cardio class Drum to the Beat! We have many classes to choose from, so pick up a schedule and try them all and find your favorites. After these two weeks, a semester pass is \$40.00 and attend any class you want for the entire semester! A one-time class pass is \$3. Sign up for all classes through the IMLEAGUES App. Buy your pass in the main office of the Student Rec Center.

## **January 20; Celebrate Yoga Day!**

Let's celebrate how wonderful yoga is with three methods of Yoga offered in one day! Snacks and beverages provided in between classes and make your own Orbeez Stress Ball to get you through the semester!

10:30 a.m. – Aerial Yoga (only 8 spots available) OR Yoga Flow

11:30 a.m. - Power Yoga

Sign up for classes through the IMLEAGUES App.

## **January 23; “REC”olution Fair + Glow Night!**

**4-7 pm; SRC Lobby**

Stop by our front lobby at the Rec and find out what programs and special events are going on this semester. Meet our student Personal Trainers, Group Fitness Instructors and Redhawk Health Educators and let them give you advice on how to be healthy and well this coming semester. We will also celebrate this night with Glow in the Dark Zumba at 6:30 p.m. and Glow in the Dark Drum to the Beat at 7:30 p.m. in the Group Fitness Studio.

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**February 7; Puppy Love**

**11 am – 1 pm; UC Lobby**

Need a little advice on love? Or perhaps you just need to hold a puppy! Stop by the UC Lobby to learn how to build yourself a healthy relationship and ask your relationship questions to our Redhawk Health Educators. The puppies from the Humane Society will also be there to pet and cuddle. Donations will be accepted but not mandatory. We will also have a Valentine's Day photo booth and a crafting station to make someone a valentine!

**Feb. 14 – March 28; How to Become A Personal Trainer: A Professional Development Course**

**3:30—5 p.m.; SRC-Multipurpose Room**

Interested in becoming a Personal Trainer? Sign up for this 6-week course to learn the skills to train and prepare for the ACE or ACSM certification (Must sign up for this test on your own). Class meets every Wednesday with the exception of Spring Break. Only \$25 for the 6-week class. Informational meeting on Feb. 7 at 4 p.m.

**February 15; Glow Ride**

**5:30 – 6:05 pm; SRC, Group Fitness Studio**

Another opportunity to glow while you exercise in this glow in the dark Real Ryder class. Free glow sticks, bracelets, necklaces and more! Only 14 spots available so please sign up through the IMLEAGUES App ahead of time!

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## **February 17; Self Defense Class**

**11 am – 12:30 pm; UC – Program Lounge**

Learn to defend yourself against a possible predator. Join Head Martial Arts Instructor, Nick Slinkard and learn ways to protect yourself in the event of an assault. Please pre-register for this event by emailing Sara Wagganer at [swagganer@semo.edu](mailto:swagganer@semo.edu).

## **Feb. 20 & 21; All Out Fitness Challenge Nights!**

**4-7 pm; SRC – West Gym**

Compete amongst your peers to see who is fittest at the Rec! Events will include those such as the standing long jump, 40 meter sprint, push up, and planks just to name a few. You must compete in at least 3 events to redeem your free t-shirt. Special prizes to all winners! Pick you night to complete – Tuesday or Wednesday.

## **February 26 – March 2; Eating Disorders Awareness Week**

A variety of events will be scheduled this week to bring awareness to those who suffer from eating disorders as well to promote a positive body image. A list of events will be available closer to the date.

## **February 28; Spring Prevention Convention and Health Fair**

**11-2 p.m., UC- Lobby**

Mix and mingle with student vendors on a variety of health topics focusing on prevention. Get great information on fitness, nutrition, wellness, volunteering opportunities, injury prevention, sexual health, stress relief, and more. We will offer chair massage, sample recipes, door prizes, and more! We will also host Free STD Testing on the 2<sup>nd</sup> floor of the UC with no sign up required. Wear your hula skirt because it's a Luau theme!

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## **March 21; Tests, Flicks and Chill**

**11 am – 1 pm; UC – Student Involvement Center**

Another opportunity to get STD Tested and while you wait come and join the Redhawk Health Educators for popcorn, soda and Netflix movies in the Student Involvement Center lobby on the 2<sup>nd</sup> floor of the UC.

## **March 26-29; Celebrate Group Fitness Week!**

Come and join us and celebrate for another FREE PREVIEW WEEK in our Group Fitness classes! Participate in our special activities to get free punches, fill out our semester evaluation survey, and post yourself on social media doing one of your favorite classes with the hashtag #celebratefitnesssemo for a special prize!

## **April 4; All Day 5K**

Spring is here! Celebrate with a 5K run! Stop by the Rec any time between 9am – 6pm on the 4th to run a 5K for time. The course will be set up for you and all you have to do is run it and time yourself for a t-shirt.

## **April 24; 1-mile Backyard Obstacle Course**

4-7 p.m. (Waves go every 15 minutes); Behind the SRC-North

Join the Rec Center staff in this fun and challenging one mile course through the backyard of the Rec Center. Jump over logs, run through mud patches, balance across wires and climb over obstacles to receive your t-shirt. Champion t-shirts will go to the top male and female winners.

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## **April 26; Turf Candlelight Yoga**

7:30 p.m.; Sprigg Street Intramurals Turf Field

Let's put a little spin on our regular Thursday night Candlelit Yoga class and hold it outside at the Intramural Turf Fields. Enjoy the peaceful, serene, candlelit setting. No sign up necessary and free to everyone. Bring a yoga mat or towel!

## **May 1-3; De-Stress Fest**

Look for a schedule of events to find ways to unwind the week before finals. From free yoga classes, mindfulness sessions, puppies at the Terraces and making stress balls at the UC. A list of events will be available in late April so be on the look out!