

RECREATION CENTER AT THE EAST GYM
Opening Weekend Schedule of Events



Saturday, January 28, 2012

10:45am

Cross the finish line with the Campus Recreation Staff as they open the completely renovated Recreation Center at the East Gym.

11am-8pm

Recreation Center at the East Gym is open to students, faculty, staff, alumni and community with no memberships required (including FitSpace and group fitness classes)

- free water bottles for first 500 people
- free food samplings
- guided tours at noon and 3pm
- Competitions and contests with prizes for all winners including t-shirts, pinnies and more!
 - Fitness Competitions - spontaneous events throughout the day in FitSpace
 - Three point shooting contest – 3pm on basketball courts
- Outdoor Pursuits Office & Rental Center open from 11am-4pm
- Wellness Services Suite open from 11am-5pm
 - Free blood pressure screenings and relaxation station
 - Chair massage from 11am-3pm
- FitSpace open from 11am-8pm
 - New Equipment Orientations - Precor AMT, Espresso Bike, Cybex Bravo, UBE, Hoist Line & Cybex Eagle Lines
- Group Fitness sampler classes (30 minutes each)
 - Noon: Zumba (Rm 106), Yoga Pilates (Rm 24), Spinning (Rm 22)
 - 1pm: Power Yoga (Rm 106), Sports Conditioning (Rm 24), Spinning (Rm 22)
 - 2pm: Kardio Kettlebell (Rm 106), Zumba (Rm 24), Spinning (Rm 22)
 - 3pm: Cardio Party (Rm 106), Power Yoga (Rm 24), Spinning (Rm 22)
 - 4pm: Kick it Up (Rm 106), Iron Yoga (Rm 24), Spinning (Rm 22)
- Open recreation activities available
 - 11am-8pm Basketball
 - 11am-3pm Badminton & Volleyball
 - 12-3pm Lap Swim
 - 3-7pm Rec Swim
- registration available for all memberships, lockers and wellness classes at the front desk

Sunday, January 29, 2012

9am-10pm

Recreation Center at the East Gym is open to students, faculty, staff, alumni and community with no memberships required (including FitSpace and group fitness classes)

- free backpack sacks for first 500 people
- free food samplings
- guided tours at 11am and 3pm
- Competitions and contests with prizes for all winners including tshirts, pinnies and more!
 - Fitness Competitions - spontaneous events throughout the day in FitSpace
 - Three point shooting contest – 3pm on basketball courts
- Outdoor Pursuits Rental Center open from 11am-4pm
- Wellness Services Suite open 11am-5pm
 - Free blood pressure screenings and relaxation station
 - Free chair massage 11am-3pm
- FitSpace open from 9am-10pm
 - New Equipment Orientations - Precor AMT, Espresso Bike, Cybex Bravo, UBE, Hoist Line & Cybex Eagle Lines
- Group Fitness sampler classes (30 minutes each)
 - 2pm: Zumba (Rm 106), Balletbootcamp (Rm 24), Spinning (Rm 22)
 - 3pm: Yoga Pilates (Rm 106), Sweatshop (Rm 24), Spinning (Rm 22)
 - 4pm: Xtremely Fit (Rm 106), Zumba (Rm 24), Spinning (Rm 22)
 - 5pm: Yoga Flow (Rm 106), Cardio Party (Rm 24), Spinning (Rm 22)
 - 6pm: Zumba (Rm 106), Bootcamp (Rm 24), Spinning (Rm 22)
- Open recreation activities available
 - 9am-8pm Basketball
 - 11am-3pm Badminton & Volleyball
 - 12-3pm Lap Swim
 - 3-7pm Rec Swim
- registration available for all memberships, lockers and wellness classes at the front desk

Monday, January 30, 2012

5:45am-11:30pm

- Rec Center open to students, faculty, staff with no fitness memberships required for FitSpace and group fitness classes. All activity spaces begin regular spring semester schedule. All membership sales and class registrations available. Intramural registrations begin.
- Free basketball stress balls for first 1000 people