

November 2017 UREC Events

Join UREC and Health & Wellness Services as we support the Movember movement! The Movember Foundation (www.us.movember.com) challenges men to grow moustaches during Movember (formerly known as November), to spark conversation and raise vital funds for its men's health programs.

Mo Mondays

Every Monday in November we'll be offering free fitness classes for mos and mo sistas!

- November 1: Mo' Yoga—8:10-9:10 pm, SRC 256
- November 6: Kickboxing-- 7:00-8:00 pm, Chinook 30
- November 13: Spin – 7:45-8:20 pm & 8:30-9:20 pm, SRC 252
- November 27: Kickboxing-- 7:00-8:00 pm, Chinook 30

Wednesday, November 1

Rock the Rock – 6:00-8:00 p.m. SRC Climbing Wall
Rock climbing, rock music, and rocking Movember! Ever wanted to be both an 80's rock star and a rock climber in the same day? Well...wish granted my friend! Come down to the climbing wall with your favorite rock star get-up, throw on some sweet wigs and/or facial hair we're providing, as well as some fun temporary tattoos before you ascend the wall!

Dad's Weekend

Friday November 3 – Sunday November 5

Friday, November 3

Dad's Bench Best Competition 6:00-7:00 p.m. SRC Weight Room
We will kick off Dad's Weekend with a Bench Press competition. Teams will consist of father/son and father/daughter pairs. Register at urec.wsu.edu/special-events/Movember/

Saturday, November 4

Dad's Weekend Climbing – 10:00 a.m. – 12:00 p.m. SRC Climbing Wall
Celebrate Dad's Weekend with a morning of climbing at the SRC's climbing wall. Register online at <http://urec.wsu.edu/climbing-wall/>

Saturday, November 4

Dad's Weekend CrossFit 10:00-11:00 a.m. Chinook B40

Dad's Challenge 10:00 a.m. – 12:00 p.m. OR 12:30-2:30 p.m. SRC Challenge Course
This program provides an opportunity for you and your dad to work together in groups and explore your limits on the high course. Participants can expect a few fun group games or initiatives led by our trained facilitators, as well as an opportunity to climb around on one of our high elements. This unique challenge will be the ultimate bonding experience for you and dad to talk about for years to come. Register online at <http://urec.wsu.edu/challenge/>

Wednesday, November 8

Primitive Shelters Skills Clinic 5:00-8:00 p.m. Outdoor Recreation Center
Discover the lost art of building shelters and traps in the great outdoors! With all this new knowledge, your roommates will wonder why you don't sleep inside anymore

Thursday, November 9

Primitive Fire Building Skills 5:00-8:00 p.m. Outdoor Recreation Center
Ever wondered what to do when you don't have starter fluid and a match? We can teach all you need to know to become the real campfire hero.

