



DEMO WEEK FALL 2009

ALL ACTIVITIES ARE FREE!!!

Group Fitness/Dance Demo Week – August 24 - 30:

FREE Fitness Passport, Dance, Gravity, and Mind/Body Classes (*see Fall Session 1 Class Schedules*)

Martial Arts Demo Week – August 24 - 30:

FREE Aikido, Capoeira, Karate, and Tae Kwon Do classes (*see Fall Session 1 Class Schedules*)

Monday, August 24

Body Comp Testing
SRC 142, 6:30—7:30 AM

Basics of Weight Training
SRC Weight Room, 7:30—8:30 AM

Intramural Demo
SRC Lobby, 4:00—7:00 PM

*** Challenge Demo**
SRC Backyard, 4:00—7:00 PM

Chair Massage Demo
SRC 142, 4:00—6:00 PM

Wellbeing Info Table
SRC Lobby, 4:00—6:00 PM

Bouldering Orientation
ORC Climbing Wall, 5:30—7:00 PM

Tuesday, August 25

Intramural Demo
SRC Lobby, 4:00—7:00 PM

Body Comp Testing
SRC 142, 6:00—7:30 PM

Intro to Water Polo
Gibb Pool, 6:00-7:00 PM

Wednesday, August 26

Basics of Weight Training
SRC Weight Room, 12:00—1:00 PM

Chair Massage Demo
SRC 142, 4:00—6:00 PM

Intramural Demo
SRC Lobby, 4:00—7:00 PM

*** Challenge Demo**
SRC Backyard, 4:00—7:00 PM

Body Comp Testing
SRC 142, 5:30—7:00 PM

Bouldering Orientation
ORC Climbing Wall, 5:30—7:00 PM

Masters Swimming
Gibb Pool, 6:00-7:30 PM

Thursday, August 27

Sport Club Demo Night
SRC Lounge, 3:00—5:30 PM

Wellbeing Info Table
SRC Lobby, 4:00—6:00 PM

* Participants must have closed toe shoes to utilize the challenge course

ACCESSIBILITY INFO

Reasonable accommodations are available with adequate prior notification. Call Jeff Elbracht or Joanne Greene at 335-8732 for more information. Information is available in an alternate format.