

FITNESS INTRAMURALS RECREATION AT UPEI

FITNESS INSTRUCTION

BODY SHAPER(BEGINNERS)

MON & WED 4:30 - 5:00

BEGINNING/INTERMEDIATE

TUES & THURS 4:30 - 5:30

ADVANCED

MON/WED 5:00-6:00, SAT 11-12NOON

ENTRY DEADLINES

INTRAMURAL HOCKEY

-TUESDAY OCT 30 4:30PM

-20 PERSON ROSTER

-UPEI STUDENTS NOT

PARTICIPATING IN ANY

OUTSIDE LEAGUE

-TEAMS MAY BE FORMED FROM FRIENDS, FACULTIES, RESIDENCES, OLD HIGH SCHOOLS

RECREATIONAL BADMINTON

SUNDAY'S 5:30 - 7:30 PM

OPEN TO FULL TIME STUDENTS AND SPORTS CENTRE MEMBERS

FOR MORE INFORMATION:

BARB MULLALY
SPORTS CENTRE
566-0606

FUTURE EVENTS:

SOCIAL/BALLROOM DANCING

JIVE, WALTZ, LATIN DANCE

A&M DANCE STUDIO INSTRUCTORS

-6 WEEKS OF INSTRUCTION

-FRIDAYS AT 3:30PM

-IN THE BARN

-\$20.00 PER PERSON

-PRE REGISTRATION BY

THURS. NOV 1 AT 12:00

SPORTS CENTRE

-CLASSES START NOV 2
3:30PM

TENNIS INDOOR TOURNAMENT(DOUBLES)

MENS/WOMENS/COED

-SATURDAY NOV 17 8:30-5:30

-SUNDAY 12:30-7:30

-ENTRY DEADLINE WED NOV
14 NOON AT THE SPORTS
CENTRE

WALLEYBALL TOURNAMENT (3 MAN TEAMS)

-SATURDAY NOV 17 8:30-5:30

-ENTRY DEADLINE WED NOV
14 NOON AT THE SPORTS
CENTRE