

FITNESS INTRAMURALS RECREATION AT UPEI

INTRODUCTION TO FITNESS

FOR THOSE WHO HAVE NEVER EXERCISED OR NOT EXERCISED IN A WHILE, HERE IS THE PROGRAM FOR YOU. IT WILL START AT THE BEGINNING AND BRING YOU ALONG SLOWLY. WHY NOT START TODAY. (STARTS SEPT 24-10wks)
MON & WED 4:30 - 5:30

AEROBIC INSTRUCTION

BEGINNING/INTERMEDIATE
TUES & THURS 4:30 - 5:30
ADVANCED
MON/WED 5:30-6:30, SAT 11-12AM

ENTRY DEADLINES FOR SCHEDULED ACTIVITIES

COED SLO PITCH	TUES	SEPT 18
		4:00 PM
SOFTBALL(MEN)	TUES	SEPT 18
		4:00 PM
SOFTBALL(WOM)	TUES	SEPT 18
		4:00 PM
TOUCH FOOTBALL	WED	SEPT 19
MEN/WOMEN		4:00 PM
GOLF TOURNEY	WED	SEPT 26
BEST BALL COED		12:00PM
TENNIS TOURNEY	THU	SEPT 27
SINGLES/DOUBLES		12:00PM

DIET & WEIGHT CONTROL INFORMATION SESSION

BASIC INFORMATION ON NUTRITION AND EXERCISE AS A WAY TO CONTROL WEIGHT. EVERYONE WELCOMED
TUES SEPT 25 5:30 - 6:30
SPORTS CENTRE CLASSROOM

RECREATIONAL BADMINTON

SUNDAY'S 5:30 - 7:30 PM
OPEN TO FULL TIME STUDENTS AND SPORTS CENTRE MEMBERS

FUTURE EVENTS:

INSTRUCTION IN:
BALLROOM DANCING
RACQUETBALL
SQUASH
KARATE

FOR MORE INFORMATION:
BARB MULLALY
SPORTS CENTRE
566-0606