Discover a Healthy Heart at the Student Recreation & Wellness Center

NATIONAL REC SPORTS & FITNESS DAY
FEBRUARY 25, 2016

7AM TO 8AM
ONE MILE FUN RUN/WALK/ROLL
Free T-Shirt!

10AM TO 2PM
HEALTH & Wellness FAIR
Free Screenings! Prize Drawings!

Prizes Include: Annual SRWC Membership, Annual Parking Pass, iPad Mini, Beats Headphones, and More!!!

6PM TO 8PM
GLOW PARTY ADVENTURES!
Cosmic Cycling Class 6pm
Glowin’ Hip Hop Class 7pm

Free Entry! to the SRWC for Faculty & Staff - Fitness Classes are Included! Bring your Rebel Card February 22-26.

Sponsored By:

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DESERt PARKWAY
Behavioral Healthcare Hospital

UMC
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