

Your Weekly Work Up of What's Happening This Week In REC RESOLUTIONS



UPCOMING EVENTS

ESPORTS

Monday, Feb 8th

3PT CONTEST

Monday, Feb 8th

BAG TOSS

Monday, Feb 15th

FITNESS TRAINER COURSE

Feb 19th - Mar 6th

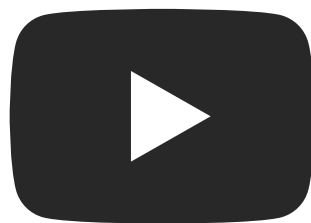
VIRTUAL RIDE

Monday, Feb 22nd
6:30pm - 7pm
MAC Court

PROGRAMMING

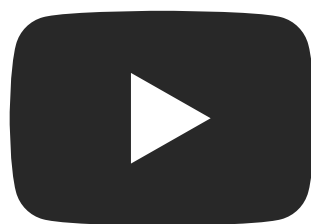
You made it to the gym, but what do you do now? Should you do some cardio, lift some weights, or go to a group fitness class?

Check out our Webinar featuring Ethan Packer, a personal trainer and group fitness instructor. He'll talk us through different ways to achieve your goals and help you find what works best for your goals and body! We will also dive deeper into programming, such as how many times a week you should work out and how many sets/ reps you should be getting. Learn more with us!



WATCH NOW

Rec Resolutions Webinar:
Basic Programming



WATCH NOW

Core Workout with
Erin Azua