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