HOW DO YOU REC?
NATIONAL RECREATIONAL SPORTS & FITNESS DAY

THURSDAY, FEBRUARY 21

UNLV joins college campuses across the nation annually to celebrate and recognize National Recreational Sports and Fitness Day. The day consists of multiple events, all of which are free to participate in, and take place in the Student Recreation and Wellness Center (SRWC).

DAYLONG EVENTS

HEALTH & WELLNESS FAIR
10:00AM - 3:00PM

VITALANT™ BLOOD DRIVE
11:00AM - 3:00PM

SCHEDULE FOR THE DAY

TIME
11:00AM - 1:00PM
12:00PM - 1:00PM
1:00PM - 1:30PM
1:00PM - 3:00PM
1:30PM - 2:00PM
2:00PM - 2:30PM
2:30PM - 3:00PM

EVENT
OUTDOOR ADVENTURES SCAVENGER HUNT
CARDIO DANCE PARTY
SPIN EXPRESS
TREADWALL CHALLENGE
BUTI YOGA
DODGEBALL MATCH
FREE THROW // THREE POINT CHALLENGE

PRIZES

PARTICIPATION IN EACH EVENT GUARANTEES ENTRY FOR A CHANCE TO WIN:
- BLENDER BOTTLES®
- HYDRO FLASKS®
- NIKE BASKETBALLS
- YOGA MATS
- BOSE HEADPHONES
- CUSTOM STICKERS AND MORE!

UNLV FACULTY & STAFF WILL BE ADMITTED TO THE SRWC FOR FREE ALL WEEK
MONDAY, FEB. 18 - SUNDAY, FEB. 24

@UNLVRoyalRebelRec