Join us for a week of activities (Feb 18th—23rd) to celebrate Recreational Sports & Fitness Day!

**MONDAY FEBRUARY 18th:**

11:30am - 2:00pm & 4:00pm - 6:00pm: Department of Recreation Info Table - CUB Great Hall  
Stop by the CUB to chat with rec staff and learn about programming and facility opportunities. During your visit, be sure enter the raffle for your chance to win rec gear!

12:00pm – 2:00pm & 7:00pm – 10:00pm: Open Swim - Heiges Field House Pool  
Open swim is available to the University community. Presentation of SU ID is required.

5:00pm – 6:00pm: Boot Camp - ShipRec 107 A/B (Instructors provided by Power Train)  
Based on the principle of tabata raining which is very effective for spiking the heart rate and helping to burn calories for the remainder of the day. This type of training for one hour is far more effective than walking or running on a treadmill or elliptical for an hour at the same heart rate (steady state).

9:30pm – 10:15pm: Intramural Volleyball Meeting – Grove Hall Forum Room 101  
Intramurals are open to students, faculty, and staff. Intramural meeting representation is a prerequisite for participation in the league. No more than two individuals should represent a team at the meeting. Individuals seeking a team should attend. Visit ship.edu/recreation for instructions on creating a player card at imleagues.com/ship.

**TUESDAY FEBRUARY 19th:**

12:00pm – 1:00pm: Mindfulness Meditation - Spiritual Center Meditation Room  
*(Sponsored by Department of Counseling Services)*  
Beginners are welcome! 12:00-12:15pm: Introductions, following by meditation from 12:15pm – 12:35pm, and the session concludes with tea tasting and casual conversation from 12:35pm – 1:00pm.

12:00pm – 2:00pm & 7:00pm – 10:00pm: Open Swim – Heiges Field House Pool  
Open swim is available to the University community. Presentation of SU ID is required.

2:45pm – 3:30pm: Mindful Movement - ShipRec 107A/B  
A low key, relaxing class using stretching and meditative exercise that aid in the regeneration of the mind, body and spirit. The goal for this class is to compliment your exercise routine and to slow our bodies down from the constant flow of life.

3:00pm – 5:00pm: Hands-On CPR and Blood Pressure Screening – ShipRec  
*(Sponsored by Etter Health Center & American Heart Association)*  
Stop by ShipRec for hands-on CPR, blood pressure screenings, and for information about heart health.

3:00pm – 5:00pm: Fitness Testing – ShipRec  
*(Sponsored by Exercise Science Club & Exercise Science Honor Society)*  
Stop by ShipRec for some fitness testing...BMI, sit and reach test, hand grip strength, step test and squat test.
4:00pm – 5:00pm: **Athletic Yoga** – ShipRec 107A/B *(Instructors provided by New Day Yoga & Wellness, LLC)*
This class is suitable for anyone without yoga experience but who is reasonably fit.

4:00pm - 6:00pm: **Department of Recreation Info Table** - CUB Great Hall
Stop by the CUB to chat with rec staff and learn about programming and facility opportunities. During your visit, be sure to enter the raffle to win rec gear!

7:00pm – 9:00pm: **Open Dodgeball Night** – ShipRec Court B/C
No registration required! Stop by ShipRec for some fun dodgeball action. SU ID required for ShipRec access.

**WEDNESDAY FEBRUARY 20th:**

12:00pm – 1:00pm: **Yoga** – ShipRec 107A/B
Increase your strength and flexibility with Yoga. Connect breath with movement as you learn basic Yoga postures, all while choosing your level of difficulty. Beginners to advanced students are welcome. Equipment provided.

12:00pm – 2:00pm & 7:00pm – 10:00pm: **Open Swim** – Heiges Field House Pool
Open swim is available to the University community. Presentation of SU ID is required.

4:00pm - 6:00pm: **Department of Recreation Info Table** - CUB Great Hall
Stop by the CUB to chat with rec staff and learn about programming and facility opportunities. During your visit, be sure enter the raffle for your chance to win rec gear!

6:00pm – 7:00pm: **Defense & Safety 101** - ShipRec 107A/B *(Sponsored by University Police)*
Join University Police in a demonstration of defense and safety techniques.

7:30pm – 8:30pm: **Sweat It Out Fitness** - ShipRec 107A/B
Fast HIIT workout with no or minimal equipment to get your heart rate up and burn some calories.

7:00pm – 10:00pm: **Wiffle Ball Home Run Derby** - ShipRec Arena
Pre-registration not required! SU ID required for ShipRec access.

8:00pm – 9:00pm: **Yoga** – CUB MPR A *(Sponsored by MiniThon)*
Increase your strength and flexibility with Yoga. Connect breath with movement as you learn basic Yoga postures, all while choosing your level of difficulty. Beginners to advanced students are welcome. Equipment provided.

**THURSDAY FEBRUARY 21st:**

11:00-11:55am **Mindfulness Series – Body Scan** - FSC 336 - *(Sponsored by the Psychology Department)*
Join us for a meditation exercise that involves truly focusing on the raw physical sensations occurring in various parts of our own bodies. It is a celebration of our aliveness, the fiesta occurring inside of our own bodies at every moment in life.

11:30am - 2:00pm: **Department of Recreation Info Table** - CUB Great Hall
Stop by the CUB to chat with rec staff and learn about programming and facility opportunities. During your visit, be sure enter the raffle for your chance to win rec gear.
12:00pm – 1:30pm: **De-stress about YOUR Major and/or Career** – ShipRec
\*\*\*\*(Sponsored by the CMPDC)\*
Uncertain of your major? Not sure which occupation is right for you? Interested in knowing tools to help develop your career? The Career, Mentoring, and Professional Development Center (CMPDC) can help you think about majors and/ or careers that are a good fit for YOU. Stop Stressing! Stop by the CMPDC table on 2/21 to discuss what YOUR future holds.

12:00pm – 2:00pm & 7:00pm – 10:00pm: **Open Swim** – Heiges Field House
Open swim is available to the University community. Presentation of SU ID is required.

3:00pm – 5:00pm: **Fitness Testing** – ShipRec
\*\*\*\*(Sponsored by Exercise Science Club & Exercise Science Honor Society)\*
Stop by ShipRec for some fitness testing...BMI, sit and reach test, hand grip strength, step test and squat test.

3:30pm – 4:30pm: **Home@Ship!** - Naugle Hall, MPR
\*\*\*\*Sponsored by The Elnetta G. Jones University Student Success Center & Department of Counseling Services\*
Home@Ship is a place where you can connect, eat, create, relax, share, have fun, grow, pet a dog, and more!

5:30pm – 6:30pm: **Athletic Yoga** - ShipRec 107A/B (Instructors provided by New Day Yoga & Wellness, LLC)
This class is suitable for anyone without yoga experience but who is reasonably fit.

**FRIDAY FEBRUARY 22nd:**

4:00pm – 5:00pm: **Boot Camp** – ShipRec 107A/B (Instructors provided by Power Train)
Based on the principle of tabata raining which is very effective for spiking the heart rate and helping to burn calories for the remainder of the day. This type of training for one hour is far more effective than walking or running on a treadmill or elliptical for an hour at the same heart rate (steady state).

5:00pm – 11:00pm: **Net Night** - ShipRec
Stop by ShipRec and enjoy badminton, wallyball, tennis and/or volleyball. No registration required – all activities are drop-in and may be done on your schedule! SU ID is required for ShipRec access.

7:00pm – 10:00pm: **Open Swim** – Heiges Field House Pool
Open swim is available to the University community. Presentation of SU ID is required.

**SATURDAY FEBRUARY 23rd:**

**Snow Tubing Trip** – Roundtop Mountain Resort (Sponsored by APB)
SU Students: $20 and General Public: $30
apbsnow.eventbrite.com