

Special Events

Zumba Party

- Wed., Feb. 19
- 8:00 – 10:00pm
- Rec Center

Free Niemeyer Yoga

- Mondays
- 9:00 – 9:45pm
- Niemeyer Multipurpose Rm.

Healthy U Week

- Feb. 10th – 14th
- Fitness & Wellness Center
- Mon. 6 – 9pm
- Tues. 3 – 6pm
- Wed. 5 – 7pm
- Thurs. 12 – 2pm
- Fri. 10am – 12pm

IM Bowling

- Thursdays
- 9:30 pm
- Lincoln Lanes
- \$6 per person



Group Exercise Passes

Purchase your group exercise pass online TODAY! The winter 2014 class schedule is now available online. Intro to SPIN® classes end February 14. Intro to SPIN® becomes SPIN® classes starting Monday, February 17.

<http://www.gvsu.edu/rec/grouplex>

Intramural Sports Bowling



Join us every Thursday night in February at Lincoln Lanes for a fun night of bowling. Bowling is \$6 per person for three games of bowling and shoes.

FREE Injury Care Clinic

The Injury Care Clinic is NOW OPEN and is located Fieldhouse B145 Athletic Training Laboratory. It is open to students, staff, and faculty on Mon. / Wed. / Thurs. at 2 - 6 p.m. and Tues. 4 - 8 p.m. Check our website for announcements and more information! www.gvsu.edu/ICC

Nutrition Services

Our registration dietitian is able to assist you in addressing specific issues related to:

- Healthy Eating Strategies
- Weight Management
- How to eat healthy on campus
- Special dietary concerns
- Heart healthy eating strategies
- Disease management and prevention
- Eating disorder screening and consultation are also available

For more information or to set up an appointment, contact the Fitness & Wellness Center at (616) 331-3659

Fitness & Wellness Center

For more information on services including nutrition and massage, offered through the Fitness and Wellness Center, visit our website or stop by the office located in the lower level of the Recreation Center.

Ditch the workout & join the Party!

Campus Recreation is hosting its annual ZUMBA® PARTY Wednesday, February 19th from 8:00-10:00pm on the Rec Center basketball courts. The ZUMBA® PARTY is free for everyone. Grab a roommate, classmate or friend and join the fun. The party will also include Insanity® and TurboKick®.

Free Yoga in Niemeyer

Join Brooke every Monday from 9:00-9:45pm in the Niemeyer Multipurpose Room for FREE Yoga. Bring your ID and a yoga mat and join us for a restorative session of yoga taught by Brooke. This is free and open to GVSU students only. For additional Group Exercise classes visit our website www.gvsu.edu/rec/grouplex

Intramural Sports Broomball

Look out for a **NEW** Intramural Sport league starting after Spring Break 2014. Broomball will be played at the Georgetown Ice Center. Look for more information available soon at www.imleagues.com

Healthy U Free Week

Healthy U week of February 10 - 14 at the Fitness & Wellness Center. Interested in finding out more about your health and wellness? Take any of the fitness assessments you want to, find out your results, and get the opportunity to have your questions answered by an experienced staff member. All results will be kept confidential. Screenings available: Blood Pressure, Cholesterol Clinic, Body Fat, and Test Your Limits.

- Monday 6 – 9pm
- Tuesday 3 – 6pm
- Wednesday 5 – 7pm
- Thursday 12 – 2pm
- Friday 10am – 12pm



CPR & First Aid Classes

You can visit a list of upcoming classes and register online at our website www.gvsu.edu/rec/cpr

