

Adult & Child CPR, AED

- March 25th
- 6:00 -9:00 p.m.
- Register Online at gvsu.edu/rec/register

IM Entry Deadlines

- 6 on 6 Volleyball & Arena Flag Football
- March 13th
- 6 on 6 Kickball & Badminton Tournament
- March 27th

Register Online at
IMLeagues.com

Tri – A – Tri

Indoor Triathlon

- March 30th
- Register online by searching "Grand Valley Tri-a-Tri" at www.active.com

Group Exercise Passes ½ OFF

Purchase your group exercise pass online TODAY! The winter 2014 class schedule is now available online. <http://www.gvsu.edu/rec/groupepx>

Sunday Happy Hours

All Sunday Happy Hours will be held in the from 5:00 - 6:00 p.m. check gvsu.edu/rec/groupepx for locations

- March 16 PiYo with Rachel
- March 23 INSANITY® with Natalie
- March 30 Yoga Flow with Tara

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/groupepx

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.

- Registration Dates: February 25 – March 13
- Cost: \$100/team
- Days & Times of Play: Monday, Tuesday, Thursday, 9pm-12am
- Venue: Georgetown Ice Arena: 8500 48th Ave. Hudsonville
- League Structure: Pool Player and Signe Elimination Playoffs



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 consolation are also available

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

Fittest Laker – April 5th

Individual Competition AND Team Challenge

Cost: \$10.00 +donations

Location: Outdoor Track Stadium

Attention fitness enthusiast: Looking for a new challenge? Sign up for the Fittest Laker and experience an obstacle course that test all aspects of fitness! Sign up as an individual to complete in the individual competition or sign up with 2 – 4 people for the Team Challenge. All participants will receive a t-shirt.

Register Online
www.gvsu.edu/rec/register



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.

