



What's New? This section will keep you up-to-date on the most current happenings in Recreational Sports.

Special Offers Check this section for great deals on Rec Sports programs and services happening throughout the month!

Activity of the Month Familiarize yourself with some of the programs offered through the Department of Recreational Sports.

Healthy Matters Healthy Matters is an educational poster series intended to increase health knowledge and awareness. This section will highlight some of the monthly tips.

What's New

Summer Building Hours

University Recreation Center

Monday-Friday	5:45am – 9:00pm
Saturday	10:00am – 4:00pm
Sunday	12:00pm – 5:00pm

St. Paul Gymnasium

Monday-Friday	5:45am – 8:00pm
Saturday	10:00am – 4:00pm
Sunday	12:00pm – 5:00pm

For specific area hours, including pool schedules, visit our [Hours web page](#).

Aquatics July 2007 Special Event Schedule

Date	Time	Facility	Event	Sponsor
7/6-8/07	10:00am-10:00pm 8:00am-10:00pm 8:00am-10:00pm	University Aquatic Center	Underwater Hockey National Championships	Underwater Hockey
7/17-21/07	Prelims 9:00am Finals 6:00pm	University Aquatic Center	Speedo Champions Series	TWIN
7/29/07	8:00am-3:00pm	University Aquatic Center	Masters State Swim Meet	MN Masters

*This schedule is subject to change. For more Special Event Information, please call 612-626-1352.

All events are open to the public.

Special Offers

July 2007 Courtside Café Specials

The Courtside Café indoor services and outdoor grill will be open during the following hours throughout the summer:

Tuesday-Thursday: 9:00 am-2:30 pm

Summer special: Raspberry Lemonade Smoothie for \$2.00

Free Body Composition Tests:

There will be no free body composition testing during the month of July. If you would like a Body Composition Test, you may set up an appointment with a fitness specialist. The test will be \$5.00.

Contact [Kristina Hefty](#) or call 612-624-4544 for more information.

Facility Tours

Tours of the University Recreation Center are available during all open building hours. Stop by the Member Service Office located in the lobby of the Rec Center for drop-in tours. If you would prefer to arrange for an appointment, email [Sandy Terhune](#), or call 612-626-8993.

For a tour of the St. Paul Gymnasium, email [Ken Deal](#) or call 612-624-7880.

Equipment Orientation

Have you ever wondered how to properly use the equipment in the fitness centers? To sign up for an Equipment Orientation, email [Kristina Hefty](mailto:Kristina.Hefty) or call 612-624-4544.

Activity of the Month

Complete Conditioning Fitness Class!

Take your workout outside and enjoy this exhilarating athletic type training that combines both cardiovascular and strength drills. Complete Conditioning is a 75 minute class every Tuesday and Thursday starting at 5:30 pm. All participants meet at the Minneapolis North Gym where the instructor will lead the class outside (weather permitting).

Summer Fitpasses are \$35 for members and \$50 non-members. If you'd like to try out the class once, you can purchase a one-time pass for \$5 (members) or \$8 (non-members).

Have fun, be challenged, and get into great shape this summer!

For more information on group fitness classes, please visit our [Group Fitness webpage](#).

Healthy Matters

Factors Affecting Flexibility

- Age
- Inactivity
- Gender: Women are generally more flexible
- Pregnancy: Pregnancy loosens joints, ligaments, and tendons.

*Body Type and Strength Training have been shown to have little correlation with flexibility.

Improve Flexibility

Flexibility is a critical component of a well-balanced exercise program. When stretching, it is important to emphasize the major muscle groups. Experts agree that static stretching (holding a stretch for 15 to 30 seconds) is most beneficial and less likely to cause injury compared to other forms of stretching.

If you would like to subscribe to this monthly newsletter, email recsport@umn.edu and type "Subscribe Member Newsletter" in the subject line.

Questions or comments? Email us at recsport@umn.edu or call 612-626-8993.