



**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?

### ATTENTION RES HALL STUDENTS!

Kick off this school year the right way! The Healthy Matters Incentive Program is a great way for you to create a balanced and healthy lifestyle. Come to our events and seminars to learn and have fun with our personal trainers and Boynton dieticians. They can give you the information you need to create balance during your hectic college life using specific goals for your body, mind, and nutrition. Below are the events for September:

- 9.20.2006 Personal Training Testing Session: 7–8 pm Centennial Hall Commons Area
- 9.20.2006 Dietician Question and Answer: 6–8 pm Centennial Hall Dining Hall
- 9.27.2006 Dietician Question and Answer: 6–8 pm Sanford Hall Commons Area

### NEW Group Fitness Classes

The Group Fitness Program has added 6 new classes for fall 2006. New classes include:

- Muscle 101
- Spin 101
- Yoga 101
- GrooviLates
- Body Balance
- Cardio Lite

For more information on all Group Fitness classes, visit our [Group Fitness web page](#).

### Intramural Leagues

Intramural Leagues are open to any member of Recreational Sports, including students, faculty, staff, and alumni. Registration is still available for the following sports:

- Basketball, Women's
- Bowling
- Flag Football
- Volleyball, Women's

If you would like to register for available leagues, visit the Intramural Office in 106 Cooke Hall. For more information on Intramural leagues, visit our [Intramural web page](#).

### September 2006 Building Hours

University Recreation Center

Monday-Thursday	5:45am – 11:00pm
Friday	5:45am – 10:00pm
Saturday	8:00am – 7:00pm
Sunday	11:00am – 10:00pm

St. Paul Gymnasium

Monday-Thursday	5:45am – 11:00pm
Friday	5:45am – 10:00pm
Saturday	8:00am – 7:00pm
Sunday	11:00am – 10:00pm

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

### TWIN Cities Swim Team

Fall session began Tuesday, September 5th. To inquire about your free two-week trial period, contact Jim Andersen at 612-625-1026. For more information on TWIN, visit the [TWIN web page](#).

### AquaFit Water Aerobics

Classes began Monday, September 11th. For more information on our Water Aerobics, visit the [AquaFit web page](#).

## Special Offers

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### September 2006 Courtside Café Specials

Stop by the Courtside Café in the University Recreation Center for the following deals:

50¢ off protein shakes & smoothies

Cup of soup & bun sandwich for \$3.25

### 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 [Andrea Caven](#) or call 612-624-7880

### Equipment Orientation

Have you ever wondered how to use the equipment in the fitness centers? Sign up for an Equipment Orientation, offered on the following dates or by appointment.

9.20.2006 at 5:30pm

9.22.2006 at 1:00pm

10.04.2006 at 5:30pm

10.06.2006 at 1:00pm

To sign up for an Equipment Orientation, email [Kristina Hefty](#) or call 612-626-8993.

## Activity of the Month

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### Intramural Bowling

Check out the newly renovated Gopher Spot while participating on an Intramural Bowling league! Spots are still available on the St. Paul bowling league that starts Tuesday, September 26. Register a team of four or more, or sign on as a free agent.



To register for Intramural Bowling, visit the Intramural Office at 106 Cooke Hall. For more information on Intramural leagues, visit our Intramural web page.

## Healthy Matters

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### Body Tip

It takes two! Need some extra motivation? Get a fitness partner! Friends provide genuine support and encouragement and are able to identify strengths and weaknesses. Social fitness situations offer opportunities to meet new people and establish relationships. Group fitness classes can establish a routine and help commit to a specific workout time. To stay motivated this month, find a partner with similar goals and interests, and get social!

Get more tips from the Healthy Matters posters found in the Rec Center and different areas on campus!