



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

JAM WEEK! January 22-28th

Free group fitness classes for everyone at the Minneapolis Rec Center & the St. Paul Gym! Bring a friend, a towel and water, and show up ready to have some fitness fun!

Spring Intramural Registration

Aquatic Center Lobby (enter through Recreation Center)

January 23rd-25th 12:00-6:00 p.m.

For more information on Intramural registration, visit our [Intramural web page](#).

Rolling Timberwolves Exhibition Wheelchair Basketball Game!

Come cheer on the Rolling Timberwolves and learn about adaptive recreation activities!

Date: Friday, Jan. 26th

Time: 4:30-6:30 p.m.

Location: South Gym, University Recreation Center

Spring Semester 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	9:00am – 7:00pm
Sunday	12:00pm – 10:00pm

Facilities will be **closed** January 1 & 15.

December 16 – January 15 will have reduced hours. Holiday hours are as follows:

Monday-Friday 5:45 am-8:00 pm

Saturday 10:00 am-4:00 pm

Sunday 12:00 pm-5:00 pm

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

Aquatics January 2006 Special Event Schedule

Date	Time	Facility	Event	Sponsor
1/6/07	TBD	Aquatic Center	Maroon and Gold Meet	South High School
1/12-14/07	TBD	Aquatic Center	Foxjet Winter Classic	Foxjets Swim Team
1/20/07	12:00 noon	Aquatic Center	Boys True Team State	Minnesota Coaches Association
1/21/07	8:00 am	Aquatic Center	Masters Meet	MN Masters
1/26-27/07	6:00 pm, 12:00 noon, 6:00 pm	Aquatic Center	Minnesota Challenge	Intercollegiate Athletics

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

Special Offers

Free Body Composition Tests:

There will be no free body composition testing during the month of January. 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 [Andrea Caven](#) 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](#) or call 612-624-4544.

Activity of the Month

Spin!

Spin classes are high energy stationary bike workouts that enhance cardiovascular and muscular endurance. Participants select intensity levels through body position and bike tension. Classes range from beginner, introductory classes to advanced-level moves and intensity.

To participate in Spin classes, either purchase a daily pass or a Fitpass. Information on these passes is available at our [Fitness web page](#).

You can also try Spin for FREE during JAM WEEK. All group fitness classes are free to everyone during the week of January 22-28th. Spring semester group fitness classes start January 22nd.

For more information on Fitness Program offerings please email: fitness@umn.edu or call [612] 624-4544.



Healthy Matters

Body Tip: Be Positive!

There is a definite connection between healthy living and maintaining a positive outlook on life. By focusing on the good in every situation you can be a more optimistic and cheerful person. Apply this positive mental framework to fitness by focusing on the energizing, post workout benefits, instead of the challenging process to get to that point. Celebrate personal accomplishments; it's okay to be your own biggest fan!

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.