

UDCR KICK OFF

UDCR is offering **free** Group Fitness Classes on September 4th, as well as a preview of Aqua Zumba and an Intramural Sports Fall Semester Kick Off Tournament!

SEPTEMBER 4TH

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| 3:00pm-3:40pm | Aqua Zumba — Aquatic Center |
| 3:30pm-3:50pm | Spinning —Studio A Tyler Zumba —Studio B Danielle |
| 4:00pm-4:20pm | Spinning & Strength —Studio A Lauren Cardio Hip Hop —Studio B Ellie |
| 4:30pm-4:50pm | Turbo Kick —Studio A Lauren Piloxing —Studio B Danielle |
| 5:00pm-5:20pm | Barre —Studio A Noelle P90X Live —Studio B Mary Beth |
| 5:30pm-5:50pm | Tabata —Studio A Polly Cardio-Strength Intervals —Studio B Sophie |
| 6:00pm-6:20pm | Power Bar —Studio A Betty Ashtanga Yoga —Studio B Megs |

INTRAMURAL SPORTS KICK OFF TOURNAMENT — SEPTEMBER 4TH - 6TH

- Three-day weekend tournament
- Teams must play all three days: Friday (Outdoor Basketball), Saturday (Sand Volleyball), and Sunday (Dodgeball)
- Teams will be Coed and consist of six players
- The champions will be crowned based on team record, point differential, and sportsmanship ratings
- Registration capped at 16 teams
- **Registration is open on IMLeagues until Monday, August 31st at 11:55pm**