

TUES
FEB 18
12PM-8PM

REC DAY

AT THE MAC

Come join us for a day of fun with themed group exercise classes, fitness challenges, minute-to-win-it tournaments, sport club demos, food, giveaways, and cap it all off with the Polar Bear Plunge!

All events are **FREE** for UTA students and will be held at the **Maverick Activities Center**. Everything is **first come, first served**—don't miss out!

10am - 2pm	Pickleball Open Play	MAC 133 Back Gym
12pm - 1:30pm	Rec Recess Yard Games	MAC Gym
1pm - 2pm	Health & Wellness: Tire Challenge	Upstairs Weightroom
2pm - 3pm	Group Ex Sound Bath	MAC 102A
2:30pm - 4:30pm	Health & Wellness Trail Mix Station	MAC
3pm - 4pm	Group Ex Flare & Finesse	MAC 102B
3pm - 6pm	ShakeSmart: Nutrition Station	
3:30pm - 4:30pm	Intramural Sports: Basketball Challenge	
4:30pm - 5pm	Group Ex Funky Fitness	MAC 102B
5pm - 11:45pm	Volleyball Open Play	MAC Gym
5pm - 7pm	Sport Club Fair	MAC
5:30pm - 7pm	Intramural Sports: Dodgeball Tournament	Indoor Soccer Gym
6pm - 6:50pm	Group Ex Stronger	
7pm - 8:30pm	Polar Bear Plunge	Outdoor Pool



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