

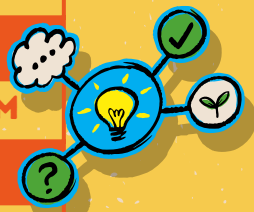
REC DAY

AT THE MAC

**TUES
FEB
20TH**

Join us for themed group ex classes, educational sessions, minute-to-win-it tournaments, a movie, food and giveaways. Campus Recreation along with CAPS and EXCEL have something for you! All programs are FREE to UTA students and will take place at the Maverick Activities Center (MAC). All programs are first come first served.

12:00 - 1:00 PM	TASTE OF REC DAY ♡ MAC SOCIAL ZONE
12:00 - 2:00 PM	OPEN REC PICKLEBALL ♡ MAC 133
1:00 - 2:00 PM	MINUTE TO WIN IT - TIRE CHALLENGE ♡ UPSTAIRS WEIGHT ROOM
1:30 - 2:30 PM	KNOCKOUT & BASKETBALL SHOOTING CHALLENGE ♡ MAC GYM
2:00 - 2:45 PM	T-SWIFT CYCLE CLASS ♡ CYCLE STUDIO
2:30 - 3:45 PM	YOU CAN HELP A FRIEND SESSION ♡ LOUNGE
4:00 - 5:00 PM	FOOD FOR THOUGHT PRES ♡ LOUNGE
4:30 - 5:15 PM	XPLOSION EXPRESS ♡ UPSTAIRS WEIGHT ROOM
5:00 - 5:30 PM	FUNKY FITNESS CLASS ♡ RM 102B
5:15 - 6:15 PM	HANDS ON CPR ♡ CLASSROOM 213
5:30 - 6:25 PM	DOGGY YOGA ♡ MAC 133 FIRST CLASS (5:30 - 5:55) SECOND CLASS (6:00 - 6:25)
6:30 - 8:30 PM	REC RECESS ♡ OUTDOOR COURTS
6:30 - 8:30 PM	HOTDOGS, POPCORN, HOT CHOCOLATE, PHOTO BOOTH/360 CAMERA, AND MUSIC ♡ OUTDOOR COURTS
7:00 - 8:30 PM	POLAR BEAR PLUNGE ♡ OUTDOOR POOL
8:00 - 9:00 PM	YOGA ♡ 102A
8:00 - 10:00 PM	MOVIE - HUNGER GAMES - BALLAD OF SONGBIRDS AND SNAKES ♡ LONESTAR AUDITORIUM



REC DAY

FURTHER DESCRIPTIONS

Taste of Rec Day

Stop by the MAC lounge from 12:00 - 1:00 to get a taste of New Orleans where the history of the red beans & rice was born. We will give you the backstory of this dish, why it is being served at Rec Day, and how it ties to what is going on.

Open Rec Pickleball

Open rec pickleball from 12:00 - 2:00 will take place in MAC 133 for open play. Beginner, intermediate, or joining the PPA Tour, we have competition for all. Don't have a pickleball paddle? No issue at all, check one out at the front desk for use.

Minute to Win It - Tire Challenge

Compete in our heart-pumping, tire-flipping, minute-to-win-it-tire challenge. Contestants will have 60 seconds to flip the tire as many times as possible before time runs out. Bring your water, this challenge is the ultimate workout challenge for all!

Knockout & Basketball Shooting Challenge

Contestants will compete in the classic knockout game for a chance to win our Rec Day shirt. We will also be offering a progression shooting challenge that will consist of a layup, free throw, three-pointer, and half-court shot.

Taylor Swift Cycle Class

Participants will cycle to a class filled with Taylor Swift songs and surprises. Limited to 10 participants.

You Can Help a Friend

This training teaches participants how to recognize and respond to signs of distress in peers. The training reviews mental health statistics among college students, identification of signs and symptoms of concern, application of how to have difficult conversations, and where to go for more support.

Food for Thought Pres

Interactive session on Eating Right for an Active Lifestyle

Hands on CPR

Anyone can learn Hands-Only CPR and save a life. Hands-Only CPR has just two easy steps: If you see a teen or adult collapse, (1) Call 9-1-1, and (2) Push hard and fast in the center of the chest to the beat of the disco song "Stayin' Alive."

Doggy Yoga

It's "Downward Dog" your favorite yoga pose? Join us as we partner with Trinity GAP Rescue to interact with some loveable pooches (petting of the dogs encouraged, doggie kiss optional).

Rec Recess

Stop by the outdoor courts for some friendly competition of bottle bash, corn hole, kan jam, putt-putt, spike ball, and more! We have something for anyone and everyone. Food, photos, music, and giveaways are available.

Polar Bear Plunge

Take the cold-water plunge into the outdoor pool with fellow Mavericks.

Yoga

Now is the time to try this group ex class for free!

Movie

Hunger Games: Ballad of Songbirds and Snakes will be showing.