Campus Recreation

- Club Sports
- Group Fitness Classes
- Intramural Sports
- Wellness
<table>
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<th>Club Sports</th>
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<td><strong>Badminton</strong></td>
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<td><strong>Chess</strong></td>
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Club Sports
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Club Sports
Group Fitness Classes

- Most Popular
  - Zumba
  - Spin
  - Pilates

- All Fitness Levels

- FREE
Group Fitness Classes

PILATES BARRE

MONDAY 4:00PM
WEDNESDAY 5:15PM

Leisure University Aerobics Studio

MONDAY 5:15PM
TUESDAY 4:00PM
+THURSDAY 5:15PM
Zumba Sculpt
Group Fitness Classes

THE 50 CLASS FITNESS CHALLENGE

- ZUMBA - ABS, GLUTES AND THIGHS - YOGA - SPINNING - PILATES -
- STEP‘N’TONE - AB LAB - RIPPED - TOTAL BODY CONDITIONING -
Intramural Sports

- Unique Events
  - 4v4 Indoor Flag
  - Inner Tuber W. Polo
  - 3v3 Nerf

- EASY Registration
  “Lewis Rec” App

- Events are FREE!
Intramural Sports

Intramural Dodgeball
Season Starts: Nov. 19th
Team Registration Ends: Nov. 15th
6v6 Dodgeball / Three League Options
Up to 18 players per roster
Register online: www.imleagues.com/lewisu

Inner Tube Water Polo
Grab Your Swimsuit!
Team Registration Ends
March 28th
Try the Most Refreshing Intramural Event!
- 12 Team Maximum
- 8 Player Rosters
- 5/5 Competition
Register at: www.imleagues.com/lewisu
Intramural Sports
Wellness

- Wellness on Wednesdays
- Great Topics + FREE LUNCH
Wellness Events
Wellness Events

Adaptapalooza
BIG RED Volleyball Tournament!
May 1st, 2-4:30pm

The Event:
Teams of 6 compete in a Big Red Volleyball Tournament... with a catch.
-Participants must remain seated!

Creating a Team:
Register at www.imleagues.com
OR Download the "Lewis Rec" App

More Information:
SeanPGallagher@LewisU.edu

22nd Annual Lewis University Health Fair
APRIL 3rd
11:00AM-1:00PM
CHARLIE"S PLACE & UNIVERSITY DINING ROOM

Please Come & Enjoy
- Free Food Samples
- Free Massages
- Free Health Screenings
- Farm Fresh Produce
- Over 30 Vendors!

Sponsored by:
The Student Recreation & Wellness Center and The WELL Committee
Social Media

• Recreation, Fitness & Wellness
  • Facebook
     @LewisuRec
  • Twitter
     @Lewis_RecCenter

• Intramural Sports
  • Facebook, Twitter, Instagram & SnapChat
     @LewisIMsports