

Two Weeks in Recreation

January 22, 2008



Spotlight

Lighten Up Iowa

A program designed to promote physical activity and good nutrition.

How do I start?

Form a team of 2-10 co-workers and nominate a Team Captain. Register anytime after December 10 at www.lightenupiowa.org. Program runs January 16-April 24, 2008.

What is the cost?

There is a \$15 per person registration fee. A \$5.00 DISCOUNT will be available from Hy-Vee at the beginning of January. Use the PROMO CODE to receive a discount for every member of your team. (No refunds will be issued to teams registered prior to the discount code.)

How will Lighten Up Iowa know that I am a University of Iowa team?

When team captains are registering, enter LUIUIOWA as the Start Code to be counted as part of the University's team.

Further questions?

Visit www.lightenupiowa.org or Contact Erin-Litton@uiowa.edu at UI Wellness

Upcoming Events & Deadlines

Jan. 21-27	Fitness Week
Jan. 23	Intramural Indoor Soccer Registration Deadline
Jan. 23	Free Cross Country Skiing & Snowshoeing in Hubbard Park 10 am - 2 pm
Jan. 28 - Feb. 3	Wellness Week
Jan. 28-29	Intramural Basketball Instant Scheduled

Intramurals



Intramural Basketball

Instant Scheduled Registration:
January 28 1 PM - 5 PM
January 29 8 AM - 5 PM



Intramural Indoor Soccer

REGISTER TODAY!
Deadline January 23

Fitness & Wellness

Passes Now On Sale

Buy your Fitness, Aerobics, or Ultimate Pass today at any of the four Recreational Services fitness facilities. Prices can be found online on our website at:

<http://www.recserv.uiowa.edu/geninfo/fees.htm>.

Fitness Week is Underway

Try out any of our aerobic or cycling classes for free during the first week of the semester! Get your workout through one of our group exercise aerobics classes, such as: Muscle Mix, Step 'n Sculpt, and Awesome Intervals. To continue participating in these classes after Fitness Week you can purchase an Aerobics pass, an Ultimate pass, or pay a daily walk-in fee.

Wellness Week Starts January 28

Wellness classes during the week of January 28 - February 1 are free for anyone to try. Classes such as Beginning/Intermediate Pilates and Yogalates are offered during this week. The first session of Wellness classes begins February 4. To participate in these classes you can sign up in E216 of the Field House.

How Are We Doing?

Fill out a comment card in the Southeast entrance of the Field House today! Let us know how we are doing or if there is anything we can do to make Recreational Services better in any way. We will take your suggestions into consideration for the future.

Touch the Earth

FREE SKIING ON HUBBARD PARK



Wednesday, January 23
10 AM - 2 PM
Equipment Free to use
No experience necessary

Take A Trip, Earn A Semester Hour!

Sign up for a Lifetime Leisure Skills classes on ISIS today. Classes offered include cross-country skiing, snowshoeing, basic sea kayaking, and mountain biking, and more.

Ski Conditions Online

Go online to find the latest conditions for local and state-wide cross-country trails, including Macbride Nature Recreation Area & the Ashton Cross-Country Course. The website is: <http://iowaski.blogspot.com>

Individuals with disabilities are encouraged to attend all University of Iowa sponsored events. If you are a person with a disability who requires an accommodation in order to participate in this program, please contact Recreational Services in advance at 319-335-9293.



The Division of Recreational Services
E216 Field House / 319-335-9293
www.recserv.uiowa.edu
rec-services@uiowa.edu

Upcoming Special Event Closures:

February 1	6 pm - Close	Women's Swim Meet	Pool
February 1	Noon - Close	Boy's Gymnastics	North Gym
February 2	8 am - Close	Boy's Gymnastics & Men's Gymnastics Meet	North Gym
February 3	8 am - Close	Boy's Gymnastics	North Gym
February 3	8 am - 6 pm	Men's Volleyball Clinic	South Gym

Regular Hours:

Make sure to check the website or the bulletin boards for new or updated closures.

	Field House:	6 AM - 11:30 PM (M-F) 8 AM - 11:30 PM (S & S)
	Fitness Loft:	6 AM - 11 PM (M-F) 8 AM - 11 PM (S & S)
	Field House Pool:	10:30 AM - 1:30 PM & 7:00 PM – 9:00 PM (M-F) 1:00 PM - 4:00 PM & 7:00 PM – 9:00 PM (S & S)
	Hawkeye Tennis & Recreation Complex:	6 AM – 10:30 PM (M – F) 8 AM – 10:30 PM (S & S)
	Outdoor Rental Center:	4 PM – 7 PM (Monday) CLOSED (Tuesday - Thursday) 4 PM – 7 PM (Friday) CLOSED (Saturday) Noon - 5 pm (Sunday)
	Fitness East:	6 AM - 11:00 PM (M-F) 8 AM - 11:00 PM (S & S)
	Recreation Building:	6 AM - 10:30 PM (M-F) 8 AM - 10:30 PM (S & S)
	Macbride Nature Recreation Area & Raptor Center:	9 AM - 6 PM (November - March) 6 AM - 9 PM (April - October)

For changes to your subscription of this listserv or to view past messages

Visit <http://list.uiowa.edu/archives/recservices.html>