

# HWS Recreation Events

## FITNESS BINGO

Monday, Feb. 11 – Friday, March 15, 2019

This event is a great way to get into a routine and set aside time in your day to exercise! You have the chance to be a Fitness Bingo winner if you work out anywhere for 30 minutes each day during the duration of this contest.



## RECREATIONAL SPORTS FITNESS DAY

Wednesday, Feb. 27, 2019

Hosted by Collegiate Recreational Services departments nationwide, HWS Rec will offer special programs and services to the HWS community. How do you Rec? #RecDay

## WELLNESS WEEK

March 25 – 29, 2019

The Department of Recreation offers a week of special programs and collaborations with various departments on campus to promote student well-being. Look for the schedule of programs and events in March!

## HEALTHY BREAKFAST

Wednesday, April 17, 2019

Treat yourself. Try healthy breakfast samples in the lobby at Bristol Field House to help fuel you all day.



INTRAMURAL SPORT	DIVISION	TEAM REGISTRATION DEADLINE
Basketball 5v5 League	Co-Rec/Open	Friday, Feb. 1
Floor Hockey 6v6 League	Open	Friday, Feb. 1
Indoor Soccer 6v6 League	Co-Rec	Friday, Feb. 1
Tennis Tournament	Statesmen/Herons/Singles/Doubles	Friday, Feb. 15
Squash Tournament	Statesmen/Herons	Friday, Feb. 15
Rec Day Table Tennis Tournament	Statesmen/Herons/Singles/Doubles	Wednesday, Feb. 27
Rec Day Spike Ball Tournament	Co-Rec/Open	Wednesday, Feb. 27
Volleyball League	Co-Rec	Friday, March 1
Badminton Tournament	Statesmen/Heron/Doubles	Friday, March 29
Softball League	Co-Rec/Open	Friday, March 29
Dodgeball Tournament	Co-Rec	Friday, April 26

Visit HWS Recreation's webpage to sign-up!

[https://www.hws.edu/studentlife/wellness\\_intramurals.aspx](https://www.hws.edu/studentlife/wellness_intramurals.aspx)



### Class Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6:30 p.m. <b>MINDFUL PILATES</b> (Mind-Body) with Lara	8-9 a.m. <b>P-FLOW</b> (Mind-Body) with Lara	6:30-7:20 a.m. <b>INDOOR CYCLING</b> (Cardio) with Jen	8-9 a.m. <b>P-FLOW</b> (Mind-Body) with Lara	6:30-7:20 a.m. <b>INDOOR CYCLING</b> (Cardio) with Jen	12:20-12:50 p.m. <b>NO SWEAT</b> (Cardio & Strength) with Karen	<b>NO CLASSES</b>
	12:20-12:50 p.m. <b>NO SWEAT</b> (Cardio & Strength) with Karen	12-1 p.m. <b>YOGA</b> (Mind-Body) with Sean	12:20-12:50 p.m. <b>NO SWEAT</b> (Cardio & Strength) with Karen	12-1 p.m. <b>YOGA</b> (Mind-Body) with Sean		<ul style="list-style-type: none"> <li>• <b>Yoga Workshop Series:</b> 10 - 11:30 a.m., Hirschson Ballroom, Sessions: Feb. 2, March 2, April 6, May 4, Classes take place the first Saturday of each month</li> <li>• <b>Cardio Kickboxing Series:</b> 8 - 9 p.m., Bristol Field House, Sessions: Jan. 28, Feb. 25, March 25, April 29, Classes take place the last Monday of each month</li> <li>• <b>Beat the Winter Blues Boot Camp:</b> 6:30-7:30 a.m., Bristol Field House, Session: Monday, Feb. 4 – Wednesday, March 13, 6-week boot camp takes place Monday and Wednesday mornings.</li> <li>• Due to limited space people are required to sign-up within 24 hours of Indoor Cycling Classes. To sign-up call 315-781-3528 or email: recreation@hws.edu.</li> </ul>
	4:30-5:15 PM <b>HIIT/CORE</b> (Cardio & Strength) with Tiffany	5:30-6:30 p.m. <b>YOGA</b> (Mind-Body) with Angie	4:30-5:15 PM <b>HIIT/CORE</b> (Cardio & Strength) with Tiffany	5:30-6:30 p.m. <b>YOGA</b> (Mind-Body) with Angie		
	5:30-6:30 p.m. <b>BARRE</b> (Strength) with Megan	5:30-6:30 p.m. <b>INDOOR CYCLING</b> (Cardio) with Donna	5:30-6:30 p.m. <b>BARRE</b> (Strength) with Megan	5:30-6:30 p.m. <b>INDOOR CYCLING</b> (Cardio) with Donna		
	6:30-7:30 p.m. <b>INDOOR CYCLING</b> (Cardio) with Sarah	7-8 p.m. <b>ZUMBA</b> (Cardio) with Danielle	6:30-7:30 p.m. <b>INDOOR CYCLING</b> (Cardio) with Judy	7-7:45 p.m. <b>SHRED</b> (Cardio & Strength) with Tiffany		
	7-8 p.m. <b>YOGA</b> (Mind-Body) with Leigh		7-8 p.m. <b>YOGA</b> (Mind-Body) with Leigh			

**Class Key**

- Cardio
- Mind & Body
- Strength

For information about HWS Recreation visit our webpage or email recreation@hws.edu