2020 HWS Recreation
Special Events

WINTER FITNESS BINGO
Monday, Feb. 10 – Friday, March 13
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 for 30 minutes each day during the duration of this contest.

RECREATIONAL SPORTS FITNESS DAY
Saturday, Feb. 22
This event is hosted by Collegiate Recreational Services Departments nationwide! HWS Rec will be offering special programs and services to the HWS community. How do you rec? #RecDay

COMMUNITY WALKER APPRECIATION DAY
Wednesday, Feb. 26
HWS Rec values the relationships we have built with various groups who utilize our programs and services. To show our appreciation we’ll have healthy treats, prizes and giveaways at Bristol Field House!

FRIDAY FUN DAY
Friday, March 6
11:30-1 p.m.
HWS Rec is teaming up with Student Activities to be a part of Fun Fridays! Stop by Scandling Campus Center on Friday, March 6 to see what fun happenings our department has to offer! #HWSRec #FunFridays

HWS ORAP LEADERSHIP TALK
Monday, April 20, 7-8 p.m., Geneva Room
Recreators as Advocates for the Planet: the ways in which outdoor experiences build environmental stewards.
Former CEO for the American Alpine Club (AAC) Philip Powers ‘83 is teaming up with ORAP and the Centennial Center for Leadership, Entrepreneurship and Innovation to share his knowledge of outdoor education and how the everyday person can influence current environmental issues.

WELLNESS WORKSHOPS
This workshop series looks to educate the HWS community on enhancing their physical well-being.
Wednesdays at 7 p.m., Stern Hall, Room 117

- Women and Working Out – Feb. 5
HWS S&C Assistant Coach Brittany Krivicich and Assistant Director of Campus Recreation, Judy Wentzel will discuss the unique benefits of strength training for women and address common misconceptions, often preventing women from meeting their physical fitness potential.

- Muscle Gain for Men – March 4
HWS S&C Head Coach Chris Gray is sharing his knowledge on the proper avenues for men to build muscle. Join his workshop to educate yourself on areas such as exercise progression, supplement intake, developing work-out routines, etc.

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