

Go Move Challenge!

Activity Calendar – All Events Are FREE!!!

February 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Free Admission to Rec Center and Rec Plex!!!	Group Walk Around Marquette Mile Meet at Father Marquette Statue 12:00-12:30pm
5	6	7	8	9
	Run with the President Group Father Marquette Statue - 11:45am	Open Gym Volleyball Rec Plex 12-1pm	Run with the President Group Father Marquette Statue - 11:45am	Group Walk Around Marquette Mile Meet at Father Marquette Statue 12:30-1:00pm
12	13	14	15	16
Yoga & Breathwork For the Work Day – GROW Class Registration Required Marquette Wellness Center, 12-1pm	Run with the President Group Father Marquette Statue - 11:45am Try It Night! Registration Required Marquette Wellness Center 4-6pm	Marquette Women's Volleyball Skills Session Al McGuire Center 11:30-12:30pm	Open Gym – Basketball Rec Center, 12-1pm Run with the President Group Father Marquette Statue – 11:45am	Run with the President Group Father Marquette Statue - 8am Group Walk Around Marquette Mile Meet at Father Marquette Statue 1:00-1:30pm
19	20	21	22	23
Core Conditioning Class Marquette Wellness Center 12:05- 12:50pm	Run with the President Group Father Marquette Statue - 11:45am Open Gym Pickleball Rec Center, 12-1pm	Cardio Kickboxing Marquette Wellness Center 12:05- 12:50pm	Run with the President Group Father Marquette Statue – 11:45am Interval Class Cramer Hall 050, 12:00-12:35pm	Run with the President Group Father Marquette Statue - 8am Barre Fight Class Cramer Hall 050, 12:05-12:50pm
26	27	28		
Core Conditioning Class Marquette Wellness Center 12:05- 12:50pm	Yoga Marquette Wellness Center 12:05-12:50pm	Circuit Training Class Marquette Wellness Center 12:05-12:50pm	<p>***Please Note:</p> <ol style="list-style-type: none"> 1) There are Indoor Walking Maps for Cramer Hall, Lalumiere Hall, Eckstein Hall, and Cudahy Hall, and there are 1 and 3 Mile Outdoor Routes 2) You can use the Rec Center or the Rec Plex for \$3/day – There is one free day listed on the calendar above! 	