

# Go Move Challenge!

Activity Calendar – All Events Are FREE!!!

February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b>
<p><b>***Please Note:</b></p> <p>1) There are <a href="#">Indoor Walking Maps</a> for Cramer Hall, Lalumiere Hall, Eckstein Hall, &amp; Cudahy Hall. There are <a href="#">1 and 3 Mile Outdoor Routes</a></p> <p>2) You can use the <b>Rec Center</b> or the <b>Rec Plex</b> for \$3/day – There is one free day on 2/1/19!</p> <p>3) You can use the <b>Marquette Wellness Center for FREE!</b> You must complete the <a href="#">online liability waiver</a> first.</p>				<p>Winter Office Olympics – Rec Center Gym (<a href="#">Sign up online</a>)</p> <p>Free Admission to Rec Center and Rec Plex Today!!!</p>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<p><a href="#">Mission Week – Sacred Space Walking Tour, Father Marquette Statue 10:30am-1pm</a></p>	<p>Run with the President Group Father Marquette Statue - 11:45am</p> <p>Open Gym Pickleball Rec Center, 12-1pm</p>	<p>Mission Walk – Walking Meditation Father Marquette Statue 2-3pm</p>	<p>Run with the President Group Father Marquette Statue – 11:45am</p> <p>PIYO Group Fitness Class Wellness Center 1:05-1:50pm</p>	<p>Mission Week – Ignatian Yoga, Zilber Hall 025 12-1pm</p>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<p>Open Gym Soccer Rec Center 12-1pm</p>	<p>Run with the President Group Father Marquette Statue - 11:45am</p>	<p>Yoga for Every-Body Group Fitness Class, Wellness Center 12:30-1:15pm</p>	<p>Run with the President Group Father Marquette Statue - 11:45am</p>	<p>Run with the President Group Father Marquette Statue - 8am</p> <p>Group Walk Marquette Mile Meet at Father Marquette Statue 1:00-1:30pm</p>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<p>Core: Butts, Guts and More Class Wellness Center 12:05-12:50pm</p>	<p>Run with the President Group Father Marquette Statue - 11:45am</p> <p>Group Walk Marquette Mile Meet at Father Marquette Statue 1:00-1:30pm</p>	<p>Open Gym Volleyball Rec Center - Court 5, 12-1pm</p>	<p>Run with the President Group Father Marquette Statue – 11:45am</p>	<p>Run with the President Group Father Marquette Statue - 8am</p> <p>FIT Fridays Group Fitness Class Wellness Center 12:00-12:30pm</p>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	
<p>Pilates – Group Fitness Class Cramer Hall 050 1:05-1:50pm</p>	<p>Immersive Cycling Group Fitness Class, Rec Center Spin Room 12:05-12:50pm</p>	<p>Group Walk Marquette Mile Meet at Father Marquette Statue 1:00-1:30pm</p>	<p>Open Gym – Basketball Rec Center - Courts 2 or 4, 12-1pm</p>	