

March 31 - April 30 2008

Akron ZipOff Guide

- Please visit our web site at www.zipsrec.ukaron.edu for a detailed description of group exercise class formats.

*Special ZipOff Class

** Registration and payment required. Visit www.zipsrec.ukaron.edu for more information or call:

Outdoor Adventure Services & Intramural Sports Dept, (OASIS)
Phone x6956
Racquetball, Kayak workshops, or Cooking Seminars

Aquatics Dept, x8294
Triathlon Race

Fitness & Wellness, x7580
T'ai Chi, Zumba, Group Exercise Classes & Pedal for the Planet

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31 Total Body Sculpt* 12:15-12:45pm (ONAT) <i>T'ai Chi Session II begins** 1:30—2:30 pm</i> Water Workout 6:15-7pm ONAT Shallow End	1 Intramural Racquetball Registration Deadline	<u>2 Brown Bag #3 Stress Management, SU Rm. 308</u> Total Body Sculpt* 12:15-12:45pm (ONAT) Water Workout 6:15-7pm ONAT Shallow End	3 <i>T'ai Chi Session II begins** 7:15—8:15 p.m.</i>	4	5 Intro Kayaking Workshop** (Register by 3/29)	6
7 Total Body Sculpt* 12:15-12:45pm (ONAT) Water Workout 6:15-7pm ONAT Shallow End <i>Zumba Classes Begin** 6:45—7:45 pm</i>	8	9 Total Body Sculpt* 12:15-12:45pm (ONAT) Water Workout 6:15-7pm ONAT Shallow End <i>Zumba Classes Begin** 6:45—7:45 pm</i>	10 Intramural Racquetball Begins	11	12 Women's Only Backpacking Trip** Allegheny National Forest, PA (Register by 3/29)	13 Women's Only Backpacking Trip** Allegheny National Forest, PA
14 Post-ZipOff Bod Pod Total Body Sculpt* 12:15-12:45pm (ONAT) Water Workout 6:15-7pm ONAT Shallow End	15 Post-ZipOff Bod Pod	16 Post-ZipOff Bod Pod Total Body Sculpt* 12:15-12:45pm (ONAT) Water Workout 6:15-7pm ONAT Shallow End	17 Post-ZipOff Bod Pod <u>Brown Bag #4: Hidden Factors in Obesity Epidemic, SU Rm. 335</u> Backcountry Cooking seminar** (Register by 4/10)	18 Post-ZipOff Bod Pod	19	20 Triathlon Race** Quick Start Kayak Paddling Workshop** (Register by 4/13)
21 FINAL WEIGH INS Post-ZipOff Assessment & Bod Pod Total Body Sculpt* 12:15-12:45pm (ONAT) Water Workout 6:15-7pm ONAT Shallow End	22 FINAL WEIGH INS Post-ZipOff Assessment & Bod Pod	23 FINAL WEIGH INS Post-ZipOff Assessment & Bod Pod Total Body Sculpt* 12:15-12:45pm (ONAT) Water Workout 6:15-7pm ONAT Shallow End	24 FINAL WEIGH INS Post-ZipOff Assessment & Bod Pod	25 FINAL WEIGH INS Post-ZipOff Assessment & Bod Pod	26 Pedal for the Planet 24 hour Bike-A-Thon Begins 12 pm	27 Pedal for the Planet 24 hour Bike-A-Thon Ends 12 pm
28 Water Workout 6:15-7pm ONAT Shallow End	29 ZipOff Awards & Celebration! 12:00—1:00 pm SRWC, Rm. 246	30 Water Workout 6:15-7pm ONAT Shallow End				