Kat & Keirah’s Corner
MON
JUN 07
1:00 PM

Experience the benefits of working with a Personal Trainer in a fun and motivating small group setting.

Small Group Workouts
MON
JUN 07
4:15 PM

Join us for a classic game of Mario Kart - free to play and available on any Mobile platform.

eGames: Mario Kart
TUE
JUN 08
7:00 PM

Join us for a classic game of Millionaire! Answer multiple-choice questions correctly to proceed to the next round.

MoveU Group Workout
WED
JUN 09
5:00 PM

Drop in with the MoveU Team as they lead a group fitness workout. All fitness levels welcome.

Empow(her)ment Series
WED
JUN 09
5:00 PM

Workout with other self-identified women, and join us in discussions about women empowerment, wellness and much more!

Yoga Stretch Break
WED
JUN 09
12:30 PM

Drop in for a quick lunch time Yoga stretch break to ease your muscles and energize your mind.

Game Night: WWTBAM
THU
JUN 10
7:00 PM

Let’s talk Sports, Life and Everything in Between!

AT A GLANCE
Athletics & Recreation

AT A GLANCE

EMPOW(HER) PODCAST
JUNE 18 • 10-10:30AM • INSTAGRAM & FACEBOOK
TUNE IN AS THE UTSC WOMEN’S FITNESS AMBASSADORS DISCUSS A VARIETY OF TOPICS!
IG: @UTSC_WOMENSFITNESS   FB: @UTSCWOMEN

FITNESS LIFESTYLE CONSULTATIONS
SUGGESTIONS WILL BE ON AN INDIVIDUAL BASIS
EMAIL RAMONA:
Ramona.Seupersad@utoronto.ca

ZUMBA
YOGA
LATIN DANCE
HATHA FLOW
TOTAL CORE
& MORE

LIVE FITNESS CLASSES

tpasc.ca/live-classes

COMING UP!
EURO CUP PREDICTOR POOL
REGISTER BY JUN 10
LINK - ON OUR WEBSITE

REGISTER NOW
at recreation.utoronto.ca
ALL LINKS CAN BE FOUND ON OUR WEBSITE

utsc.utoronto.ca/athletics/