Athletics & Recreation

**AT A GLANCE**

**Kat & Keirah’s Corner**

**MON JUN 21 1:00 PM**

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

**Let's talk Sports, Life and Everything in Between!**

**Small Group Workouts**

**MON JUN 21 4:15 PM**

**eGames: TETRIS**

**TUE JUN 22 7:00 PM**

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

**Tetris Tournament:***

**Compete in 1 on 1 Matches**

**Yoga Stretch Break**

**WED JUN 23 12:30 PM**

**Jumpstart Your Workout - Discussion**

**WED JUN 23 2:00 PM**

Revamp your exercise routine! Our Personal Trainers will give you tips on how to get started.

**MoveU Group Workout**

**WED JUN 23 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 23 5:00 PM**

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

**Enigma is a game about teamwork, communication, deduction and problem solving. Join us online for free.**

**Game Night: Enigma**

**THU JUN 24 7:00 PM**
**EMPOW(HER) PODCAST**

**JULY 2 • 10-10:30AM • INSTAGRAM & FACEBOOK**

TUNE INTO THE EMPOW(HER) PODCAST AS THE UTSC WOMEN’S FITNESS AMBASSADORS (WFA’S) DISCUSS A VARIETY OF TOPICS!

INSTAGRAM: @UTSC_WOMENSFITNESS • FACEBOOK: @UTSCWOMEN

**FITNESS LIFESTYLE CONSULTATIONS**

SUGGESTIONS WILL BE ON AN INDIVIDUAL BASIS

**EMAIL RAMONA:**

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**LIVE FITNESS CLASSES**

- ZUMBA
- YOGA
- LATIN DANCE
- HATHA FLOW
- TOTAL CORE
- & MORE

tpasc.ca/live-classes

**UTSC TENNIS**

130 OLD KINGSTON RD

MONDAY - FRIDAY

WEBSITE FOR DETAILS

**REGISTER NOW**

at recreation.utoronto.ca

ALL LINKS CAN BE FOUND ON OUR WEBSITE

utsc.utoronto.ca/athletics/