Eating & Exercise 101 Workshop

WED JUL 21 3:00 PM

Design a healthy weekly exercise & eating routine that's right for you.

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

 Intro to Kung-Fu

THU JUL 22 4:00 PM

Learn the basics of Kung-Fu with Jill Brooks

Coup is a game of deceit and manipulation where players take on two secret roles

Yoga Stretch Break

WED JUL 21 12:30 PM

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

Small Group Workouts

MON JUL 19 4:15 PM

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

eGames: Connect 4

TUE JUL 20 7:00 PM

Connect 4: Compete in 1 on 1 Matches

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

Kat & Keirah’s Corner

MON JUL 19 1:00 PM

Athletics & Recreation

AT A GLANCE

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**At a Glance**

**Soccer • Frisbee Golf**  
Join us at the UTSC Valley  
**Tues • Thur**  
Registration Required  
4-7PM

**Empow(her) Podcast**  
**Friday**  
July 30  
Instagram:  
@UTSC_WOMENSFITNESS

**Fitness Lifestyle Consultations**  
Suggestions will be on an individual basis

**Email Ramona:**  
Ramona.Seupersad@utoronto.ca

**Live Fitness Classes**  
- ZUMBA  
- YOGA  
- LATIN DANCE  
- HATHA FLOW  
- TOTAL CORE  
& MORE

**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

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utsc.utoronto.ca/athletics/