Athletics & Recreation

**Kat & Keirah's Corner**
**MON**
**JUL 26**
**1:00 PM**

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

**Small Group Workouts**
**MON**
**JUL 26**
**4:15 PM**

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

**eGames: Tetris**
**TUE**
**JUL 27**
**7:00 PM**

Tetris Tournament: Compete in 1 on 1 Matches

**Yoga Stretch Break**
**WED**
**JUL 28**
**12:30 PM**

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

**Game Night: Quizlets**
**THU**
**JUL 29**
**7:00 PM**

How many trivia questions can you answer right? Join us for a night of Quizlets

**Road to the Show: Law School Edition**
**FRI**
**JUL 30**
**6:00 PM**

How did two law students balance athletics with academics? Tune into the conversation

**Empow(her) Podcast**
**FRI**
**JUL 30**

Tune into the Empow(her) Podcast as the UTSC Women's Fitness Ambassadors (WFA's) discuss a variety of topics!
ATHLETICS & RECREATION
AT A GLANCE

UTSC TENNIS
130 OLD KINGSTON RD
MONDAY - FRIDAY
WEBSITE FOR DETAILS

TENNIS LESSONS
BEGINNS THE WEEK OF JULY 26
WEDNESDAYS & THURSDAYS
BEGINNER & INTERMEDIATE • 4 WEEK SESSIONS

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

SOCER • FRISBEE GOLF
JOIN US AT THE UTSC VALLEY
REGISTRATION REQUIRED
TUES • THUR
4:00-7:00PM

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

utsc.utoronto.ca/athletics/