Kat & Keirah’s Corner
MON
MAY 31
1:00 PM

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

Join us for a classic game of Pac-Man. Eat all the dots before the four ghosts catch you!
eGames: Pac-Man
TUE
JUN 01
7:00 PM

Stretch Break
WED
JUN 02
12:30 PM

Drop in for a quick stretch break to ease your muscles and energize the mind!

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

Group Workout
WED
JUN 02
5:00 PM

Alumni Speaker Series
WED
JUN 02
7:00 PM

Join former UTSC athlete and coach, Dr. Fadi Fahad as he talks about his medical career across North America.

Players take turns drawing pictures and guessing what those pictures are.

Game Night:
Drawphone
THU
JUN 03
7:00 PM

Empow(her) Podcast
FRI
JUN 04

Tune into the Empow(her) Podcast as the UTSC Women’s Fitness Ambassadors (WFA’s) discuss a variety of topics!

INSTAGRAM: @UTSC_WOMENSFITNESS

Join us for a classic game of Pac-Man. Eat all the dots before the four ghosts catch you!
ATHLETICS & RECREATION
AT A GLANCE

SMALL GROUP WORKOUTS
MONDAYS • STARTING JUN 07 • 4:15-5PM • ZOOM
EXPERIENCE THE BENEFITS OF WORKING WITH A PERSONAL TRAINER IN A FUN AND MOTIVATING SMALL GROUP SETTING

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

COMING UP! JUN 07
FIFA 21 TOURNAMENT
REGISTER BY JUN 05
PS4 ONLY

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

utsc.utoronto.ca/athletics/