Athletics & Recreation
AT A GLANCE

Athletics Challenge
MON
JUNE 22

Step Challenge
Together, let’s achieve: 500km

Follow @moveutsc
Morning Workouts
Mentor Posts

MoveU Mondays
MON
JUN 22

Movie Night
MON
JUN 22
5-6 PM

Strong Shoulders!
Enjoy the benefits of working with a Personal Trainer in a small, motivating group!

Documentary & Discuss
"Fat Fiction"
LINK IN BIO TO WATCH

Small Group Workouts
TUES
JUN 23
2-2:45 PM

Game Night
WED
JUN 24
8-9:30 PM

Scribble.io
A drawing and guessing game
Easy to learn & fun to play!
A separate device is required

Join TPASC and UTSC’s Athletics & Recreation staff as we discuss all things sports!

Let’s Talk Sports
THU
JUN 25
1-1:30 PM

Orienteering
IN THE VALLEY
UPDATED EVERY MONTH

utsc.utoronto.ca/athletics/
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eSport Leagues
FIFA 20 NHL 20
NBA 2K20
LEADERBOARD UPDATED JUNE 25

FITNESS LIFESTYLE CONSULTATIONS
EMAIL RAMONA:
RAMONA.SEUPERSAD@UTORONTO.CA
RESOURCES & SUGGESTIONS WILL BE MADE BASED ON INDIVIDUAL NEEDS

LIVE FITNESS CLASSES
ZUMBA
YOGA
LATIN DANCE
HATHA FLOW
TOTAL CORE & MORE
tpasc.ca/live-classes

REGISTER NOW
at recreation.utoronto.ca
STUDENTS WILL BE E-MAILED A LINK TO A VIRTUAL PLATFORM

university of toronto scarborough
utsc.utoronto.ca/athletics/