**Athletics & Recreation AT A GLANCE**

**Orienteering**
**SUN MAY 10**
NEW ROUTE
An interactive solo-activity that combines navigating points on a map with physical activity!

**Athletics Challenge**
**MON MAY 11**
BIWEEKLY
Join us biweekly as we pose do-it-at-home challenges. Prizes to be won!

**Wellness Chats**
**WED MAY 13**
1-2 PM
Get Moving During COVID!
Navigate at-home workouts with minimal equipment!

**Codenames**
**WED MAY 13**
A highly social team building word game. No experience needed!

**Game Night**
**WED MAY 13**
7-8 PM

**eSports**
**THU MAY 14**
LEAGUE BEGINS
Compete in our virtual leagues:
- FIFA 20
- NHL 20
- MADDEN 20
- NBA 2K20 & CRICKET 19

**Let's Talk Sports**
**THU MAY 14**
1-1:30 PM
Join TPASC and UTSC's Athletics & Recreation staff as we discuss all things sports!

**Nutrition Workshop**
**FRI MAY 15**
12-1 PM
Pizza Edition
Slice to meet you! Create your very own pizza from home

**Just Dance**
**FRI MAY 15**
(FREE DOWNLOAD)
Move your hips and dance to your favourite songs on Just Dance!

**Friday Night Social**
**FRI MAY 15**
7-8 PM
Athletics & Recreation
AT A GLANCE

REGISTERED PROGRAMS
BEGIN: WEEK OF MAY 25th

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

utsc.utoronto.ca/athletics/