**Athletics Challenge**  
**MON**  
**JUL 27**

**Bike Challenge**  
Together, let’s achieve: 1000km

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Morning Workouts  
Mentor Posts

**MoveU Mondays**  
**MON**  
**JUL 27**

**Small Group Workouts**  
**TUE**  
**JUL 28**  
2-2:45 PM

**Amazing Arms!**  
Enjoy the benefits of working with a Personal Trainer in a small, motivating group!

**Class #4**  
Authentic, total body boxing workout  
No equipment required

**Fitness Kickboxing**  
**TUE**  
**JUL 28**  
6-6:30 PM

**DanceFit**  
**WED**  
**JUL 29**  
6-6:30 PM

**Class #4**  
Move to the rhythm of various Caribbean and Afro beats  
No equipment required

**MMA Conditioning**  
**THU**  
**JUL 30**  
6-6:30 PM

**Learn self-defense techniques and build fitness levels**  
No equipment required

**Friday Night Social**  
**FRI**  
**JUL 31**  
7:30-9 PM

**Minute to Win It!**  
Take part in short activities & see if you can beat your competitors within a minute!

university of toronto scarborough
universityoftorontoscarborough

[Website Link] utsc.utoronto.ca/athletics/
FITNESS LIFESTYLE CONSULTATIONS

EMAIL RAMONA:
RAMONA.SEUPERSAD@UTORONTO.CA

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STUDENTS WILL BE E-MAILED A LINK TO A VIRTUAL PLATFORM

utsc.utoronto.ca/athletics/