

# THE ULTIMATE UREC EXPERIENCE

## FOLLOW THESE 5 STEPS:

1. PICK UP OR PRINT THIS CARD.
2. PARTICIPATE IN A FEATURED ACTIVITY AND GET A UREC STAFF SIGNATURE.
3. COMPLETE THE REMAINING ACTIVITIES AND GET SIGNATURES.
4. DROP OFF CARD AT UREC WELCOME CENTER BY FEBRUARY 28, 2013.
5. YOU WILL BE CONTACTED TO RECEIVE A UREC NIKE DRYFIT TEE.

Shirts will be given to the first 20 students to complete The Ultimate UREC Experience on a first come, first serve bases for sizes. All students who finish by the deadline will receive a UREC prize and will be entered into a drawing to win a free massage!

## YOUR INFO HERE:

- NAME:**
- EMAIL ADDRESS:**
- PHONE NUMBER:**
- TEE SHIRT SIZE:**
- JAC #:**

Questions? Contact Jessica Thomas  
at [thoma4ja@dukes.jmu.edu](mailto:thoma4ja@dukes.jmu.edu)



# SPRING 2013 FEATURED ACTIVITIES

- FITNESS: COMPLETE THE CIRCUIT**  
Circuit training is located in Racquetball Court #8. It only takes 15 minutes to complete! Hours are M/W/F 11:30am - 1:30pm and M-Th 5 - 7pm - no registration necessary!  
UREC Staff Signature: \_\_\_\_\_ Date: \_\_\_\_\_
- WELLNESS: TAKE A MIND/BODY CLASS**  
Mind/Body Group Fitness classes include: Yoga, Pilates, Yogalates, The Groove, Stress Relief, and Meditation. Register 24 hours to 15 minutes before class through the UREC website (click "Group Fitness" tab).  
UREC Staff Signature: \_\_\_\_\_ Date: \_\_\_\_\_
- GROUP FITNESS: TAKE A CARDIO CLASS**  
Cardio Group Fitness classes include: Cardio Craze, Kickboxing, Boxing, Cycle Fit, Dance & Sculpt, Zumba, Hip Hop, Worldbeat Dance, and Step & Sculpt. Register 24 hours to 15 before class through the UREC website (click "Group Fitness" tab).  
UREC Staff Signature: \_\_\_\_\_ Date: \_\_\_\_\_
- AQUATICS: WATCH A DIVE-IN MOVIE OR TAKE A DIP IN THE POOL**  
Movies are January 24, February 21, March 21, and April 18 at 9:00pm. Register through the UREC website by the day of the program. Pool hours of operation can be found on the UREC website under the hours tab.  
UREC Staff Signature: \_\_\_\_\_ Date: \_\_\_\_\_
- INFORMAL RECREATION: PLAY AT UNIVERSITY PARK OR IN THE GYM FOR 30 MINUTES**  
University Park is located at the end of Devon Lane in Harrisonburg. There is a parking lot and buses run there on a regular basis. Once at the Park, you can play sand volleyball, basketball, soccer, tennis, lawn games or even take a jog around the facility (a lap around the turf is 0.4 miles)  
UREC Staff Signature: \_\_\_\_\_ Date: \_\_\_\_\_
- ADVENTURE: CLIMB TO THE TOP OF THE WALL**  
Climbing wall hours are Monday-Thursday (Noon-1:15pm, 4-10pm), Friday & Sunday (4-8pm) and Saturday (2-6pm). Ask the Adventure Staff about upcoming Adventure Trips!  
UREC Staff Signature: \_\_\_\_\_ Date: \_\_\_\_\_