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FITGO CHALLENGE BEGINS OCTOBER 17TH:
The FitGO fitness challenge is your chance to stay motivated during the most difficult time of the semester. Chose between a pink game card or a green game card. The pink game card was created with the group fitness enthusiast in mind. The green game card is for the UREC enthusiast whom enjoys a wide array of recreational activities. When you complete an activity box, have one of our staff sign it. The more FitGOS you have the more prizes you receive! Grab a card at a weight room console desk today!

FITNESS SPOOKTACULAR
Join the fitness team on Monday, October 30th for an evening of fun, fitness, and fright at the Quinn.

FEATURES:
SPooky Spin @ 6:30pm (Cycle Studio)
Deadlifts Clinic - Gains for glutes @7:15pm (Aerobics floor) &
Halloween Costume Dance party @ 8pm (Aerobics floor)

You’re invited to celebrate Quinn’s 30th birthdaY on Thursday, October 26th. Events kick off at 6pm.
UREC is planning, like, a totally rad 30th birthday for the Quinn. Trust us, it’s worth the hike to get there. Come dressed in your best neon 80’s tracksuits for this flashback to the decade when the Quinn first opened it’s doors!

THE PUSH/PULL WILL BE HELD ON WEDNESDAY, NOVEMBER 15TH. AND WE’VE TEAMED UP WITH THE HUNGER AND HEALTH COALITION!
This semester we want to help and give back to our local community. We’re asking all spectators and competitors to bring a non-perishable food item to donate to those in need the week before Thanksgiving.

HACK: PREVENT THE FLU BY STAYING PHYSICALLY ACTIVE!
Exercise has been shown to directly increase immune efficiency and response. So even if you do get sick, you’ll recover faster.
(We also recommend you make sure to wash your hands, cover your mouth when you cough or sneeze, eat nutritiously, and sleep.)

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COMPLETE the full card to be featured inside one of our facilities next semester!

80’s

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Wednesday, November 15th, 2017 at 5:30pm
Weigh-ins start at 4:00pm
Pre-lift meeting at 5:00pm
QUINN REC CENTER - BASKETBALLCOURT 2
WEIGHT ROOM

@APPSTATEFITNESS