

THE FLEX

EXERCISE IS MEDICINE @APPSTATEFITNESS

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FITNESS.APPSTATE.EDU

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- ➔ FitGo due 4/27
- ➔ UREC Mini Tri
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FITGO CARDS ARE DUE APRIL 27TH!



YOU CAN STILL ENTER TO PARTICIPATE IN THE UREC MINI TRI (3/18)

It's a FREE event! Grab a couple of friends and register as a team of three and assign each friend an event to master. Or compete solo and do all three yourself! More info on how to register yourself or a team to come via weekly email from programmer. 500 yard swim, 12 mile bike ride (stationary), and 3.1 mile run (treadmill). Register through IM leagues.com with your App State email.



JOIN OUR FITFAM!

What most people don't realize is that UREC hires most of its Fall staff at the end of Spring semester. That means, if you'd like to work as a weight room attendant, personal trainer, or any other UREC position the best time to apply is the month of April!



SPRING BREAK BABY!

Group Fitness classes will not run this Friday, March 2nd or Sunday, March 11th. Group Fitness classes will return on Monday, March 12th. We hope you all have a great Spring Break 2018!

Facility Hours over Spring Break

Friday, March 2nd

Student Recreation Center	6:00am-6:00pm
Mt. Mitchell Fitness Centre	7:00am-4:00pm
Quinn Recreation Center	7:00am-4:00pm

Saturday, March 3rd thru Friday, March 9th

Student Recreation Center	CLOSED
Mt. Mitchell Fitness Centre	9:00am-4:00pm
Quinn Recreation Center	CLOSED

Saturday, March 10th

Student Recreation Center	CLOSED
Mt. Mitchell Fitness Centre	CLOSED
Quinn Recreation Center	CLOSED

Sunday, March 11th

Student Recreation Center	4:00pm-11:00pm
Mt. Mitchell Fitness Centre	CLOSED
Quinn Recreation Center	CLOSED

Monday, March 12th

Resume regular Spring 2018 Operating Schedule.

SNEAK PEAK AT THE NEW FITNESS SHIRTS FOR FITGO PARTICIPANTS



INTERESTED IN BECOMING A GROUP FITNESS INSTRUCTOR?

SAVE THESE DATES!

Group Fitness Instructor interest Meetings

(RSVP to ONE of the below times by email to fitness@appstate.edu)

Thursday 4/19 @ 6:30pm, SRC Rm. 202

Friday 4/20 @ 5:30, SRC Rm. 202

Group Fitness Auditions

Friday, 4/27 from 4-7pm

Saturday, 4/28 from 12-3pm

For more information visit fitness.appstate.edu