

NATIONAL RECREATIONAL SPORTS & FITNESS DAY FEB 14

NAIT Rec Day is a celebration and day of activities that support lifestyles of health and well-being. This special day is held on post-secondary campuses across North America as a way to raise awareness for the importance of campus recreation and fitness.

SOCIAL MEDIA CONTEST

Share what you love to do using **#NAITRecDay** on Instagram and Twitter for a chance to win prizes.

GROUP FITNESS CLASSES * Registration required

RISE & SHINE BOOTCAMP | 6:30-7:30AM | STUDIO (S112)

VINYASA YOGA | 12:05-12:50PM | STUDIO (S112)

QUICKFIT CARDIO | 12:10-12:40PM | ARENA

ZUMBA | 4:45-5:45PM | STUDIO (S112)

OTHER ACTIVITIES * Drop in

COOKIE DECORATING | 11:00AM-1:00PM | 2ND FLOOR HP

ACTIVE SITTING & FOAM ROLLING | 10:30AM-12:00PM | CAT MAIN STREET

VIDEO & BOARD GAMES | 10:00AM-2:00PM | CAT CROSSING

TABLE TENNIS TOURNAMENT | 12:00PM (REGISTRATION STARTS AT 11:30AM) | SOUTH LOBBY

DO
SOMETHING
YOU
LOVE

Register online at
imleagues.com/nait

#NAITRecDay

Campus Recreation
Services

