



6:30-7:30am	Sunrise Yoga @ Quad
9am-5pm	\$2 Smoothies @ TRAC
11am	Wacky Wednesday- Plunger Toss @ Quad
12pm	Machine Orientations @ TRAC
12pm	Body Blast Fitness @ TRAC
1pm	Facility Tours @ TRAC
2pm	Ping Pong Tourney @ TRAC
2-4pm	Canoe/Kayak @ UIS Pond
2-4pm	Kite Flying @ UIS Pond
2-4pm	UIS Trail Walks@ UIS Pond
2-4pm	Disc Golf @ Hole #15, near UIS Pond
5:30-6:00	Cycle Fit @ TRAC
5:30-7:30	Ultimate Frisbee @ Rec Park
6-7pm	Classic Karate @ TRAC
6:30	Machine Orientations @ TRAC
6-6:45	Sunset Yoga I @ Field Station*
7-7:50	Running 101 @ TRAC
7:00-7:45	Sunset Yoga II @ Field Station*
7-11pm	Street Party @ Rec Park
8pm	Women's Club Volleyball Open House @ Sand Court

Wednesday, August 31 \*\*\* 7-11PM Street Party @ REC Park!!!

DJ, Food Trucks, Bubble Soccer, Mini-Golf, Sand Volleyball, Bags, Can Jam, Spikeball

Attend events from 7am-7pm and get a FREE T-SHIRT.

\*Sunset Yoga- meet at TRAC for a ride to Field Station

*Sponsored by: Campus Rec, Student Affairs & SAC*