SUMMER OF INSANITY

For those of you who love our INSANITY and CRUSH classes (or have been wanting to try them out!), you won’t want to miss our Summer of INSANITY this May. What it is: 4 weeks of high intensity interval training workouts that will help you reach your fitness goals. Class meets Tuesdays & Thursdays from 7-8am. May 5-May 28.
Cost is $50 which will be refunded IN FULL if you attend every class. Even if you miss a class or two and don't get your money back it's still a great value!
Sign up at the Reception Desk in the Eccles Health, Wellness and Athletic Center today!
A summer session will also be offered, dates TBD.

GOLF TUNE UP

The birds are singing, the sun is shining, and it’s getting warmer! So it’s time to join PGA Apprentice Professional, charter member and former coach of the Westminster “Swingin’ Griffins” Varsity Golf Team, Mike Nickas, to GET GOLF READY!
Golf Tune Up is a four-session golf tune-up program designed for those with some golf experience to knock off that early season rust and get you ready for the 2015 golf season!
Whether you are a regular weekly league player or someone that just likes to get out on the links a few times a year, this class will have something for you! In just four weeks’ time you will tackle all the major shots from the green to the tee and prepare your game for what is shaping up to be a fantastic 2015!
Practice balls will be provided for the class courtesy of Rose Park Golf Course.

Visit our website for more information or to register.
MAY TERM HOURS
Beginning May 2 our hours will be as follows:
Monday-Friday: 6am-9pm
Saturday: 9am-5pm
Sunday: 9am-7pm

INTRAMURAL PICKLEBALL
The registration deadline for Intramural Pickleball is Wednesday, April 1 by Midnight. Games will be held on Monday, April 6 & 13 from 8-10pm.
Pickleball is kind of like playing table tennis on a tennis court and it is REALLY fun! Everyone who tries it, loves it. Get a partner and register at www.imleagues.com. For more information visit our website.

GRiffin SPLASH & DASH TRIATHLON
The 4th annual Griffin Splash & Dash Triathlon will be held on Saturday, April 18 at Noon! Cost is just $10 for individuals and $15 for relay teams and everyone who participates gets a t-shirt!
This is a great chance to "try" a triathlon right on campus using the spin bikes, indoor pool and jogging/walking a loop around campus.
For complete details or to register visit our website.

YOGA BASICS
A new session of Yoga Basics will be starting April 4th. Classes are held on Saturdays from 9:30-11am.
This is a great way to start a yoga practice or go deeper into a yoga practice. Cost is just $80 for all classes or $12 to drop in.
For more information or to sign up visit our website.

CPR/AED/First Aid CLASSES
We will be offering 2 CPR/AED/First Aid classes during May. If you need to get certified for a summer job, now is the time to do it!
Visit our website for more information or to register.
HWAC HAPPY HOUR
The next “HWAC Happy Hour” Cooking Class will be held on Friday, April 17 at 3pm in Eccles HWAC 354. During our Happy Hour we MAKE healthy, cheap and easy meals and EAT everything we make!
This time we will be making our famous energy bites and several other healthy meals that are sure to impress your friends and family!
This is event is FREE, just show up!

SAND VOLLEYBALL TOURNAMENT
The registration deadline for Intramural Sand Volleyball is Tuesday, April 21 by Midnight. The tournament will be held on Friday, April 24 starting at Noon at Fairmont Park.
Get a partner and register at www.imleagues.com. For more information visit our website.