HAPPY BIRTHDAY TO US!
Wednesday, February 10 we are turning 10 YEARS OLD!
To celebrate we will be having a party from Noon-2pm on
February 10th in the lobby of the Eccles Health Wellness and
Athletic Center.
We will have an array of healthy snacks and of course,
BIRTHDAY CAKE (yes, cake!) so stop by and celebrate with
us!

NATIONAL GIRLS AND WOMEN IN SPORTS DAY
Our 7th annual National Girls and Women in Sports Day is just a few days
away and there are still a few spots available!
Saturday, February 6 from 2-5:30pm.
This Sports and Recreation clinic is just for girls ages 6-14 and this year
we have even more activity options! Visit our website for all the details and
to register. The registration fee is just $10 and includes a t-shirt and water
bottle for the first 220 girls who register and snacks for all participants.
This is a great event-sign your child up today!
CPR/AED & FIRST AID CLASSES
CPR & First Aid classes are happening NOW! View the entire class selection and register online. Sign up now as these are the only classes we will be offering this semester!

INTRAMURAL SPIKEBALL
We will be holding a 1 DAY Spikeball Tournament on Wednesday, February 17! If you want to play, sign up on www.imleagues.com by Sunday, February 14 by Midnight. If you've never heard of Spikeball, check it out here, grab a partner and then sign up!

UPDATE: AQUATIC CENTER HOURS
Great news, the Aquatic Center has expanded hours! The Aquatic Center is now open Monday-Thursday 12pm-2pm and Friday 11am-2pm. All other hours remain the same.
FAMILY NIGHT

Our next Family Night is Friday, February 19 from 6-9pm. During Family Night the Aquatic Center and Climbing Wall are open for all ages and family members get in for FREE!

WINTER WEEKEND LIFT PASSES
Winter Weekend is February 18-21 and we are offering discounted Lift Tickets!
Alta: $42/day (normally $89)
Deer Valley: $82/day (normally $120)
Snowbird: $72/day
*Please note: These specially priced tickets are only available to Westminster students, faculty, staff, alumni and their guests.
View the details and buy your passes online.

FAMILY & FRIENDS DAY
Our next Family & Friends Day will be held on Saturday, February 20.
Students: Bring your parents in for a workout or take Cycle Express!
Parents & Grandparents: Bring your little ones and enjoy the Climbing Wall & Aquatic Center!
As always, Family & Friends get in for FREE on Family & Friends Day!

GRiffin SPLASH & DASH TRIATHLON
Alright Griffins, mark your calendars and start training now because the FIFTH Annual Griffin Splash & Dash Triathlon will be held on Saturday April 16 at Noon!
If you don't want to compete in all 3 events (swim, bike, run) you can form a relay team!
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. Post race snacks will be provided after the event.
Visit our website for more details or to register.
MEMBER SPOTLIGHT: SAEED REZAI
Saeed is the Director of Campus Safety and has been one of our most consistent members since we opened 10 years ago! You can usually find Saeed on an elliptical during his lunch break or playing Pickleball!

RECIPE: HEALTHY CHOCOLATE MOUSSE
Hey dessert lovers, here is a recipe just for you! This is a super easy and super healthy recipe for a decadent tasting chocolate mousse. The secret ingredient? Avocado! But don't be scared, it doesn't taste anything like avocado!

Here are a few great reasons to include avocado in your diet:
- Avocados can help lower cholesterol & triglyceride levels
- Avocados contain healthy fats which can actually help you lose weight
- Avocados are high in fiber, potassium & Vitamin K
- Avocados can help the symptoms of arthritis
- Avocados taste great!