WELCOME BACK!
Happy New Year and welcome back! We love January! It's the time of year when everyone is excited about health and fitness and guess what, WE ARE TOO! We have so many amazing programs scheduled so take a few minutes to look through this lengthy newsletter. We are here to help you make 2016 an amazing year! So whether you are interested in personal training, nutrition counseling or trying some group exercise classes let us help! Contact Laura with any questions or to set up a meeting with a Personal Trainer.

LOCKER RENTAL
Spring semester locker rental begins Monday, January 11. Just $10 for a half locker and $20 for a full locker. They are given out on a first come, first served basis so come in early! The Spring Locker Rental contract will end on Friday, June 3. Please be sure to remove your items by that date or you will be charged a $10 fee to claim your items.

GROUP EXERCISE CLASSES
Group Exercise will be in full force starting Monday, January 11! View the schedule online. If there is a class you have been wanting to try, now is a great time to check it out. Remember, Group Exercise classes are FREE for all of our members! We are excited for the return of Hip Hop and to now offer a Mixed Martial Arts Fitness class!
INTRAMURAL SPORTS
The Spring 2016 Intramural Schedule is online!

**Pick-Up Pickleball**
Registration Deadline: None. Just show up and play!
Dates of play: Fridays 1/15, 1/22, 1/29 from Noon-2PM.

**Indoor Soccer**
Registration Deadline: Thursday, January 21, 2016 by Midnight.
Dates of play: Wednesdays 1/27, 2/3, 2/10, 2/17, 2/24 from 8-10pm.

**5 on 5 Basketball**
Registration Deadline: Tuesday, January 26, 2016 by Midnight.
Dates of play: Mondays 2/1, 2/8, 2/15, 2/22, 2/29 from 8-11pm.
Register online at www.imleagues.com.

GET CPR/AED/FIRST AID CERTIFIED
It's that time of year again! We will be offering CPR/AED and First Aid Certification courses beginning in January. Check your certification...are you going to expire soon? Do you need to get certified for a new job, new baby or just for fun? If so, check our schedule and sign up now because once these classes are over we won't hold any more classes until Summer.
Register online or in person at the Reception Desk in the Eccles Health Wellness & Athletic Center.

SWIM LESSONS
Registration for Spring 2016 Swim Lessons is now open! Register early as classes fill up! Visit our website for a complete list of class times and levels. Register in person at the Reception Desk or online.

NATIONAL GIRLS AND WOMEN IN SPORTS DAY
We are excited to host our 7th annual National Girls and Women in Sports Day on 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!
WILDERNESS FIRST RESPONDER COURSES

The Wilderness First Responder Course will be offered March 18-22. You can take this class either for credit or not for credit! View all the details online. The Wilderness First Responder Recertification course will be held February 6-7. View all the details on our website.

AVALANCHE LEVEL 1 CERTIFICATION

There are still a few spots left in the Level 1 Avalanche Certification Course! The class will be held January 29-31. For more information or to register, visit our website.

HUGGER MUGGER ON SALE

Hugger Mugger products are 30% off for a limited time! We are only able to sell Hugger Mugger products twice a year and NOW is the time! We have catalogs and order forms at the Reception Desk. Start browsing products now at www.huggermugger.com then come in and place your order!

COMMUNITY ED CLASSES

Registration for Spring 2016 Community Education classes is up! Community Ed classes are open to the public so grab a friend and sign up today! View all the details and register online.

- Downhill Skiing and Snowboarding
- Lifeguard Certification
- Yoga Basics
- Try SCUBA
- Beginning SCUBA diving
- Advanced SCUBA
- Level 1 Avalanche Certification
- Wilderness First Responder
- Tap: Level 1 (IT'S BACK!!!)
- Tap: One Step Up
- Jackie Sorensen Fitness Classes

FAMILY NIGHT IS JANUARY 29

Our next Family Night will be held on Friday, January 29 from 6-9pm. Bring your family in for free and enjoy all ages climbing and swimming! Make a night out of it by attending the Women's Basketball game at 5:30pm and the Men's Basketball game at 7:30pm!
STANDING DESKS!
We just love seeing pictures of all the standing desks around campus. This desk belongs to Hikmet Loe ~she's loving it!
If you have a standing desk, please send Laura a picture!