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Health and Wellness Center

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Health and Wellness Center

BY: Jaylan Suda & Brenten Oliver

Basketball, Volleyball, Racquetball

- Great basketball courts for practice, pick-up games, and competitive game play.
- 2 racquetball courts to learn the game, practice, pick-up games and competitive game play. Singles and doubles.

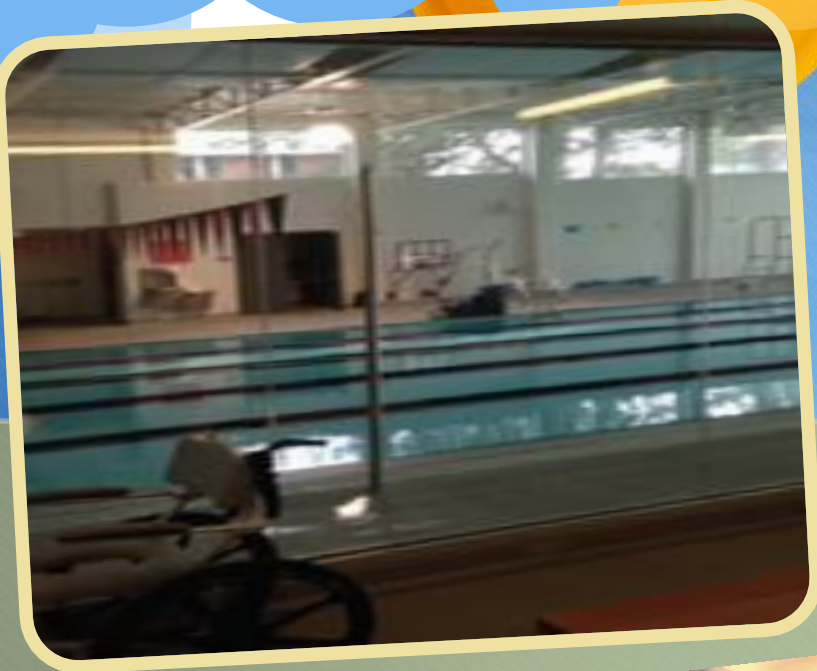


FALL INTRAMURALS

		Mon 9:00-Tues 10:00
		Mon 9:30-Tues 10:30
		Mon 9:30-Tues 10:30
		Mon 9:30-Tues 10:30
		Mon 10:15-Sun 10:20
		Mon 10:25-Tues 11:15
		Mon 11:15-Tues 11:15
		Mon 12:0-Tues 12:15

Intramural Sports

- There are many intramural sports to choose from, most of them have 2 leagues:
 - One for people who want to enjoy the game.
 - One for competitive people.



Rock Climbing and Swimming

- Learn how to rock climb in just an hour and try something new.
- Rock climbing is a great workout for your back and forearms.
- Great pool for lap swimming, awesome for cardio.
- Hot tub for R&R. and free swim.



Weight Lifting & Elliptical



- Work on heavy lifting or lift for repetition and endurance.
- Help you build muscle and strength for your body.
- Work on your cardio for endurance and losing fat.





Physical Fitness and Dance Classes

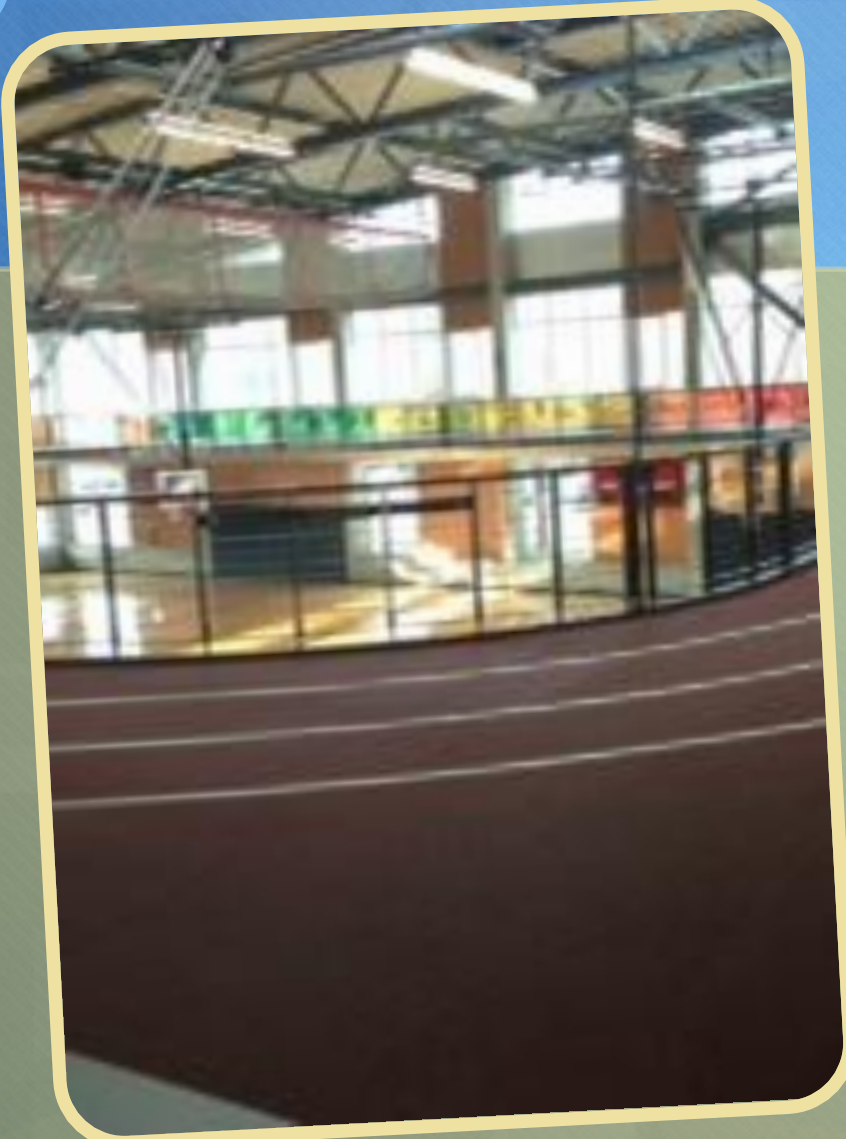
- Health and Wellness Center is full of many dance classes and physical fitness classes such as tai chi, karate, badminton, etc.





Hitting the Punching bag

- You can practice your boxing/punching which improves technique and hand-eye coordination.
- It is also a great stress reliever.



Run on Indoor or Outdoor Track

- Work on sprints for speed and work on distance for endurance.
- Practice this inside on a 15 lap/mile or outside on a 4 lap/mile track.



NPE Building

- The NPE or New Physical Education building has mats that you can roll on and practice jiu-jitsu

Mahalo

