

# FITNESS INTRAMURALS RECREATION AT UPEI

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## INSTRUCTIONAL

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### FITNESS CLASSES

INTRODUCTION TO FITNESS

MON & WED 4:30 - 5:30

BEGIN/INTER AEROBICS

TUES & THURS 4:30 - 5:30

ADVANCED AEROBICS

MON/WED 5:30-6:30,SAT 11-12AM

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### INSTRUCTIONAL KARATE

SHOTOKAN KARATE 12 WEEKS

\$25.00 REGISTRATION FEE

TUES 5:30-7:00, THUR 6:00-7:30

PRE-REGISTER AT 566-0627

BEGINS THURS SEPT 27

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### RECREATIONAL BADMINTON

SUNDAY'S 5:30 - 7:30 PM

OPEN TO FULL TIME STUDENTS  
AND SPORTS CENTRE MEMBERS

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### TENNIS TOURNEY

SATURDAY SEPT 29 10AM-5PM

SINGLES, DOUBLES

ENTRY DEADLINE FRIDAY SEPT 28  
11:00 AM

DRAW AVAILABLE SEPT 28 2:00PM

ENTER AT SPORTS CENTRE -0627

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FOR MORE INFORMATION:

BARB MULLALY

SPORTS CENTRE 566-0606

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## UPCOMING EVENTS

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### SUPER COUPLES TEAM CHALLENGE

WED OCT 3 6:30-8:30PM

TEAMS OF 1 MAN/ 1 WOMEN WILL  
COMPETE IN A SERIES OF SPORT  
AND FITNESS SKILLS: FOUL  
SHOTS, VOLLEYBALL  
SERVES,BADMINTON SERVES  
SHUTTLE RUN,SIT UPS  
PLUS FUN SKILLS

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### COED WORLD SERIES BASEBALL(INDOOR)

7 PERSON COED TEAMS

(3 MUST BE FEMALE)

5 INNING GAMES

ENTRY DEADLINE OCT 4 4:30PM

GAMES TO BE PLAYED

MON OCT 15,THUR OCT 18 MON

OCT 22,THUR OCT 25

6:30-9:30

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### FUTURE EVENTS:

BALLROOM & SOCIAL DANCE  
LESSONS

RACQUETBALL/SQUASH LADDER  
TOURNAMENT

RACQUETBALL/SQUASH  
INSTRUCTION