

Tuesday, October 28, 2008

Free Fall Preview Weekend at the OU Rec Center

The Oakland University Recreation Center will open its doors to the OU community during the Free Fall Preview Weekend, Saturday, Nov. 1, and Sunday, Nov. 2. Faculty, staff and alumni are invited to bring their families and friends to use the OU Rec Center free of charge both days.

Attendees may try out the facility --- for example, run laps on our track, play a game of basketball, attend a group exercise class, swim laps in the pool or reserve a racquetball court. As an added bonus, any adult deciding to buy a half-semester membership during this event will receive a discounted rate of \$75.

Free Fall Preview Weekend classes

Saturday, Nov. 1

- 9:15-10:45 a.m.: 30/30/30 (Step/kickboxing/strength)
- 10:45-11:45 a.m.: Yoga
- 1-2:15 p.m.: Strength and Cycle
- 4-8 p.m.: Lap swim in the pool

Sunday, Nov. 2

- 9 a.m. - 8 p.m.: Lap swim in the pool
- 9:30-10:30 a.m.: Boot Camp
- 1-1:30 p.m.: Step Cardio
- 1:30-2 p.m.: 30 Minute Ab Lab
- 6-7 p.m.: Yoga Rocks

To attend the Free Fall Preview Weekend at the OU Rec Center, adults must sign in with a picture ID, and children under 18 must be accompanied by an adult while in the facility. Children under 16 must be with their parent/guardian at all times. Children under 16 are restricted from the fitness center and group exercise classes.

Call (248) 370-4732 or go to www.oakland.edu/campusrec for more information.

SUMMARY

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