

November 2008

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Andy Lemons—Intramurals and Facilities
Chris Ward—Member Services
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CardioFit Group Exercise

FALL IM CHAMPS



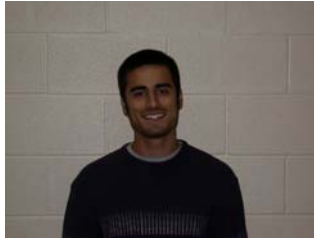
Soccer—Men's



Softball B—The Nads



Volleyball A—SausageFest



Tennis A—Bryan Khar-



2 person tents available for daily rental in the Student Center.

QUESTION OF THE MONTH

How to avoid the Holiday weight gain...

The primary defense against putting on the extra pounds around the Holidays is portion control. Three trips to the buffet, while satisfying, can certainly hinder your fitness goals. Eat slowly, with smaller portions. When the dessert tray appears, opt for fresh fruit with angel food cake.

In addition, you can't use the break in your routine as a reason to avoid being active. If it's a family walk, an early morning run, offering to rake leaves, or staying on the move shopping, it's important to avoid the pitfall of lounging in front of the tube.

SPRING INTRAMURAL DEADLINES

Event	Open	Close	Play Starts
Pool Singles	Jan 5	Jan 16	Jan 23
Table Tennis Singles	Jan 5	Jan 16	Jan 23
Volleyball Tourney (4on4)	Jan 5	Jan 16	Jan 26
Volleyball	Jan 5	Jan 23	Feb 9
3 on 3 Basketball	Jan 5	Jan 23	Feb 9

WEBSITE

Be sure to use the Student Center website for updates on programs, schedules, and information.

<http://www.utsouthwestern.edu/utsw/home/educ/studctr/index.html>

SPIN CLASSES ADDED

Due to popular demand, new spin classes have been added to the CardioFit schedule. Classes are now available on Mondays at 5:45PM.

In addition, don't forget about our 6:05am early bird spin classes, also available on Monday and Wednesday.

ASHANTA YOGA

The Student Center has added Ashanta Yoga to our GroupFit classes. Each hour is complete, including sun salutations, standing postures, seated postures, and reclining postures. This style is surely physical, but the focus on continuous breathing makes it equally mental, producing a calm and focused state of mind.

HOLIDAY HOURS

November

Nov 26: 6am-9pm

Nov 27-28: CLOSED

December

Dec 18: 6am-9pm

Dec 19: 6am-7pm

Dec 20-21: Noon-4pm

Dec 22-28: CLOSED

Dec 29: 8am-7pm

Dec 30: 8am-7pm

Dec 31: 8am-6pm

Jan 1: CLOSED

Jan 2: 8am-6pm

Jan 3: Noon-4pm