

THE REC REPORT

UNIVERSITY OF SOUTH ALABAMA CAMPUS RECREATION

THE REC REPORT January 2011

Happy New Year Jaguar family! This time every year people across the world make resolutions. USA Campus Recreation exists to help you meet your goals and conquer those resolutions, allowing you to have not just a healthy new year, but a healthy life! We've got programs, classes, personal trainers, and the finest facility to meet all of your recreational needs.



SouthFit

Personal Training Special:

Buy 10 or 12 sessions, get 1 free. Must purchase between Jan. 17-Feb. 20

AFAA Personal Trainer Certification

When: January 20-22

Cost for USA Students: \$349.50

See Sarah Schrenk for registration info.

Successfully passing this will certify you as a personal trainer. www.afaa.com

Spring SouthFit schedule starts on Jan. 17th.

YogaFit Level 1 Instructor Training

January 28-29 Register at:

www.yogafit.com



Aquatics

Join the 100 Mile Club!

How does it work?

Record your laps in the log-book and make it to 100 miles before *May 4th!*

We'll tally your laps for you and update the results every week.

All winners receive bragging rights and 100-Mile tee shirt!



Summer Swimsuit Shape-Up Challenge!

We challenge you to attend 24 water aerobic classes during the spring semester. Pick up a challenge card, put your name on it, and have an instructor stamp your card whenever you attend class. Everyone who meets the challenge wins a beach bag!



The Rec Center will be closed on January 16th for Martin Luther King Jr. Day.

Intramurals

The registration for Basketball and Shortman Basketball is January 20th. Indoor Soccer registration deadline is January 31st. Don't miss it!

Outdoor Adventures: Perdido River Paddle Janu-

This is an easy float trip with no rapids and will be fun for both beginners and advanced paddlers.

Where: Perdido River at the Alabama/Florida state lines

Cost: \$20 for students and \$22 for family members. \$35 for all others.

Contact Randy Hunter: rhunter@southal.edu



Classes are starting back and you are determined to make this New Years resolution stick! Don't deprive yourself or you will be more likely to make unhealthy choices.

Try this simple recipe to stash in your bag in case hunger strikes.

GORP

1/2 ounce raw almonds

1/4 ounce unsalted dry-roasted peanuts

1/4 ounce dried cranberries

1 tablespoon chopped pitted dates

1 1/2 teaspoon chocolate chips

Combine all ingredients. Makes 2 servings.

Per Serving: 102 Calories; 6 g Fat; 11 g Carbs; 3 g Protein



Recipe from www.eatingwell.com

Contact Us: 251-460-6065 or www.southalabama.edu/campusrec