

REC PRAIRIE VIEW A&M UNIVERSITY SPORTS

GET FIT IN 2012

**PVAMU
ID
REQUIRED
STARTING
FEB 1ST**

FITNESS & WELLNESS PROGRAMS

| ACTIVITY | DAYS | TIME |
|--|---|---------------|
| POWER HOUR FITNESS 21 DAY SPRING BREAK CHALLENGE | 2/7-3/6 | 1 HR 3X WEEK |
| POWER HOUR TUESDAY'S TOTAL BODY TONE UP W/ CAB | 2/7, 2/14, 2/21, 2/28, 3/6 | 6P-7P |
| WELLNESS WEDNESDAYS | 2/8, 2/15, 2/22, 2/29, 3/7 | 5:30P-6:30P |
| 5 WEEK 5K PREP | 2/27, 2/29, 3/5, 3/7, 3/19, 3/21, 3/26, 3/28 | 11:15A-12:15P |
| INAUGURAL PLAY IT FOR LIFE 5K RUN/WALK & HEALTHY U EXPO | 4/4 | TBA |

INTRAMURAL TOURNAMENTS

REGISTER FOR ALL TOURNAMENTS STARTING 02/01/12

| ACTIVITY | DAYS | TIME |
|-------------------------------------|-----------|----------|
| MILITARY FRIENDLY BASKETBALL | 2/7-2/16 | 5P-9P |
| 5 ON 5 BASKETBALL | 2/21-3/8 | 5P-9P |
| TABLE TENNIS "HOW TO PLAY" CLINIC | 2/20-2/21 | 3P-4P |
| TABLE TENNIS SINGLES & DOUBLES* | 2/22-2/28 | 5:30P-8P |
| DODGEBALL STUDENTS VS FACULTY/STAFF | 2/22 | 5P-7P |
| 3 POINT SHOOT OUT | 3/7 | 6P-8P |
| CO-REC DODGEBALL | 3/13-3/20 | 5:30P-8P |
| WOMENS DODGEBALL | 3/20-3/27 | 5:30P-8P |
| CO-REC OUTDOOR SOCCER | 4/2-4/5 | 6P-8P |
| CO-REC SOFTBALL | 4/9-4/16 | 6P-8P |
| CO-REC KICKBALL | 4/17-4/23 | 6P-8P |

Registration required for
IM tournaments AND
Power Hour Challenge. See
www.pvamu.edu/recsports
Under the Rec Programs &
Intramural section click
IMLeagues

**Note: See full Policies & Procedures for
activities and game rules for tournament
on our website.**

FIT/WELL PROGRAMS & INTRAMURAL TOURNAMENT SCHEDULE

FMI: WWW.PVAMU.EDU/RECSports | 936-261-9368 | RECSports@PVAMU.EDU |
FOR SPECIAL ASSISTANCE CALL 936-261-3585

"Play It For Life!"