

UNIVERSITYof **HOUSTON** | CAMPUS RECREATION

September 2009

[Take a Peak](#)[Looking Ahead](#)[Outdoor Adventure](#)[Brain Candy](#)[New Ways to Stay Fit](#)[Club Sports Spotlight](#)**Protect yourself while you work out!**

Campus Rec participants are encouraged to continue efforts to protect themselves against illness, such as H1N1, while working out. Remember to wash your hands frequently, disinfect fitness equipment before and after use, wear shoes in the locker room facilities and use a towel on weight benches. For more information on the H1N1 flu and ways to prevent it, please visit the [University Health Services Web site](#).

**Get our Tweets!**

Keep up on the latest news from Campus Recreation. We'll be twittering about new classes, fun events at the REC Center, fitness workshops, schedule changes, pool updates, fitness tips and other info you can't live without. You can even choose to get our tweets sent to your mobile phone. If nothing else, you can tell your friends you're on twitter. **Follow Us!**



With the Fall Semester in full swing, it is important to remember that personal health and wellbeing run hand-in-hand with personal achievement. With this being said, I would highly encourage all members of the UH community to take advantage of our world class facilities, programs, and activities. CRWC is committed and prepared to keep students active, healthy, and informed. Be sure to browse our newly renovated [website](#), make us a part of your daily routine.

Reginald K. Riley  
Interim Director

**Looking Ahead****Programs and Events**

**9/18/09 - AQ Family Night @ the Leisure Pool, 5:00pm - 7:00pm**  
**9/19/09 - AQ Community CPR Class, 10:00am-6:00pm**  
**9/23/09 - Cougar Resource Fair- UC, 11:30am-1:00pm**  
**9/26/09 - UH Football vs. Texas Tech, Campus Recreation will be tailgating in full force, Go Coogs!**  
**9/27/09 - AQ Community CPR Classes, 10:00am-6:00pm**  
**9/28/09 - AQ Advanced Open Water Scuba Clinic**  
**9/28/09 - AQ Youth and Adult Swim new session**  
**9/29/09 - IM Extreme Aqua Polo Entry Deadline**  
**9/30/09 - National Women's Health and Fitness Day, 11:00am-1:00pm, Rotunda.**

**End of September- Equipment Upgrades**

*Six 52 inch Plasma Screens*  
*Four Incline Treadmills*  
*Four Free Motion Striders*

**10/01/09 - OA Surf Weekend Trip**  
**10/10/09 - OA Farmer Market Bike Trip**  
**10/11/09 - OA Surf Day Trip**  
**10/13/09 - IM Badminton Doubles Entry Deadline**  
**10/17/09 - OA Canoeing Weekend Trip**



University of Houston

---

Intramural Entry  
Deadlines

**Tennis Singles** Monday,  
Sept.21  
**Badminton Singles**  
Monday, Sept.28  
**Extreme Aqua Polo**  
Tuesday Sept.29

More Details

---

Roxy Athletix Tour

Roxy Athletics College  
Tour is an all-  
encompassing program  
that focuses on  
strengthening the mind,  
body and soul of young  
women.

**September 29th 12pm-  
6pm**  
**September 30th 12pm-  
6pm**

This event will be held on  
the lawn in front of The  
CRWC.  
ROXY Link

---

National Women's  
Health and Fitness Day

Celebrate The National  
Women's Health and  
Fitness Day in the  
Rotunda, Wednesday,  
**September 30th**, from  
**11:00am-1:00pm**.

Enjoy free give-aways,  
information,  
and interactive  
events/activities.

More Information

---

Happy Hour @ the REC

CRWC invites you to  
relax, unwind, and sip on

**10/18/09 - AQ Community CPR Class, 10:00am - 6:00pm**

**Outdoor Adventure**

As always, over 50 feet of vertical climbing awaits UH students and Campus Recreation and Wellness Center Members on the Rock Wall! And best of all... It's **FREE for students** and members! No experience is required - climbing shoes, harness and instruction provided!

Outdoor Adventure also currently offers FREE clinics in a variety of activities, such as: **climbing, kayaking, and surfing**. More clinics may be added in the near future. The clinics are not progressive, so come to any one of the clinics to learn the basics. After practicing your skills on campus, test your knowledge on an Outdoor Adventure trip. The cost of the trip includes: transportation, equipment, and meals for the outing.

For both the clinics and trips, spots are limited. To guarantee a spot, stop by the OA Desk to register ASAP! A little bit about the upcoming trips...

**Saturday, September  
19th -Farmers Market  
Bike Tour**

We provide the bikes,  
helmets and trailers- all  
you need to do cycle and  
eat pastries.



**Sunday, September 20th -Surf Sunday - Galveston Island**  
Join us for a day on the beach playing in the surf and sand.

**Sunday, September 27th -Kayaking at East Matagorda Bay**  
We will head to the Gulf Coast and enjoy the beauty of East Matagorda Bay.

**Oct 2nd to Oct 4th -Surf Weekend - Mustang Island**  
Explore some of the most exciting surf in Texas and camp on the beach.

To learn more [UH Outdoor Adventure](#)

**Brain Candy**

Maintain a positive outlook. After all, the mind is the **most powerful** and **influential part** of your **body**. Feed your brain knowledge and wisdom much like you would feed your body healthy food and clean water. Below are some great quotes to keep you going throughout the day.

- "The road to success is lined with many tempting parking spaces." -Author Unknown
- "You miss 100% of the shots you don't take." - Wayne Gretzky
- "People don't care how much you know until they know how much you care." - Author Unknown
- "Genius is 1% inspiration and 99% perspiration." - Thomas Edison

some hot coffee. Happy Hour @ the Rec intends to provide a comfortable and relaxing environment for students from all walks of life. Share ideas, opinions, and to interact with others. Trade rush hour traffic for Happy Hour @ The REC.

### Coming Soon

Monday thru Thursday,  
5:00pm to 8:00pm in the  
Rotunda.

---

### Get Active !

The top three factors in helping you keep up an exercise routine are 1) having support - like a workout buddy; 2) finding an activity you enjoy; and 3) knowing what you're doing.

Why not cover all three factors at once? Grab a friend and split a personal training session with someone who is an expert in an activity you both enjoy.

Personal Trainers are offered to you at an additional cost!

[Go to the website for information.](#)

---

### Cubbie Corner Hours

**Monday - Thursday,**  
4pm-8pm

**Friday,** 4pm-7pm

**Saturday,** 11am-3pm

**Sunday,** Noon-4pm

Condition your Brain. Much like the muscles of your body, to keep the brain strong and smart you must engage your mind in a cognitive workout. Here are some short riddle to **keep your mind sharp and strong.**

1. What has no beginning, end, or middle?
2. What has four eyes but cannot see?
3. You are sitting in a house with sides and four walls. Each wall has a window and each window has a view of the southern sky. You spot a bear slowly walking up to the house. What color is the bear? Answers on bottom left of issue.

### New Ways to Stay Fit

**GroupX** is excited to present a **culturally diverse** approach to fitness in Fall 2009. Working with old and new inspirations, fitness instructors have worked hard to construct a line-up that is sure to turn heads. Take a look at **some classes offered this Fall.**



**Argentine Tango:** A social dance and a musical genre that originated in Argentina. Learning to dance tango socially is based on improvisational movement and respecting both your partner and the other dancers on the floor. This group class offers instruction in the fundamental tango elements as well as an opportunity to improve core strength, flexibility, balance, and coordination.

**Belly Dance Level 1:** Great for the absolute beginner as an intro to the exotic art of bellydance. Develop an understanding of the basic mechanics of bellydance movements. From figure 8's, chest pops & locks, **undulations**, and shimmies, with key focus on abdominal muscle control. this class is filled with practice tips and infused with pilates. Please bring hip scarves to spice up the routine.

**Belly Dance Level 2:** For those with more experience, this class reviews the basics taught in level 1 and delves into more advanced combinations. Distinct styles of belly dancing around the world are explored. Focuses include Egyptian and Turkish Cabaret fusion styles. Format is the same, with more complex variations and combinations. Please bring hip scarves to embellish the movements.

**Piyo:** This combination class of both pilates and yoga focuses on traditional yoga poses/stretchers and core strength moves included in pilates. This class offers exercise progressions to challenge all fitness levels of participants.

**Zumba:** A fusion of Latin and International music, and dance themes that create a dynamic, exciting, effective work-out. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba is a mixture of body sculpting movements with easy to follow dance steps.

We have also been fortunate enough to offer many more yoga classes throughout the schedule. So come check out all the new stuff we've got going on in group fitness. We're sure you'll find a class you'll enjoy.



## Club Sports Spotlight

After a sensational 2008-2009 season the Men's Club Soccer Team is looking to make another trip to the regional tournament. They opened up the season with a 2-0 win over Lone Star College North Harris. Their next game will be Sept. 26 here against TSU.

For the **first time in the University's history**, there's a **women's club soccer team**. More than 25 young ladies attended tryouts the first week of school and 18 were selected as the inaugural team. With only two official practices under their belt the ladies entered league play this past weekend in the Houston Club Sports Conference. They played against Lone Star College North Harris and dominated the match from start to finish with a 9-0 victory. Next up for the Cougars Women's Club Soccer Team is a match against UHD this Saturday at 10am.

[Sports Club Link](#)

Brain Candy Answers:

1. Doughnut
2. Mississippi
3. White "polar bear" North Pole

[Forward email](#)

✉ [SafeUnsubscribe](#)®

This email was sent to recreation@uh.edu by [recreation@uh.edu](mailto:recreation@uh.edu).

[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe](#)™ | [Privacy Policy](#).

Email Marketing by



University of Houston Campus Recreation | 4500 University Drive | Houston | TX | 77204