



FREE FIT FRIDAYS @ Rec Center
Self Directed Activities: 6 AM - 8 PM

Featured Activities: 11:30 - 1:30 PM

- Fri. Feb. 5** - Fitness Zone Orientation & Walking
- Fri. Feb. 12** - Group Exercise – General Fitness
- Fri. Feb. 19** - Volleyball
- Fri. Feb. 26** - Climbing Wall
- Fri. Mar. 5** - Group Exercise - Karate
- Fri. Mar. 12** - Fitness Zone Orientation & Walking
- Fri. Mar. 26** - Kickball
- Fri. Apr. 2** - Group Exercise - Dance
- Fri. Apr. 9** - Fitness Walk - Trail
- Fri. Apr. 16** - Softball Game
- Fri. April 23** - Group Exercise@ Outdoor Pool & Massages

STAFF ID REQUIRED

Join us at TexasRoundUp.org
Team: UH GetFitCougars!
 (-> Challenge: State Agency Challenge
 -> Agency: University of Houston)

ROUND-UP WORKSHOPS

- Mon. Feb. 1– Nutrition Basics:** 12pm-1pm
Are You Really What You Eat?
- Tues. Feb. 9- Healthy Relationships:** 11am-12pm
Say What You Mean, Mean What You Say
- Thurs. Feb. 18- Stress Management:** 12pm-1pm
How to Prevent Those Ulcers
- Thurs. Feb. 25- Body Image:** 10am-11am
Seeing Ourselves Realistically
- Mon. Mar. 1- Exercise:** 2pm-3pm
Three Components of Healthy Exercise
- Thurs. Mar. 11– Increasing Self-Confidence:** 3pm-4pm
Stop Doubting Yourself
- Tues. Mar. 23– Care giving:** 11am-12pm
Taking Care of Others and You
- Tues. Mar. 30- Conflict Resolution:** 3pm-4pm
Work It Out with a Smile
- Mon. Apr. 5- Moving Through Menopause:** 12pm-1pm
Hot Flashes? No Problem!
- Thurs. Apr. 15– Financial Wellness:** 11am-12pm
Balancing Now vs. “Someday”
- Wed. Apr. 21– Navigating Legal Issues:** 2pm-3pm
Getting Your Affairs in Order

All workshops held in room 1030, Rec Center
 Call 713-743-5430 for more information

