

# AROUND THE REC



Track your flexes and watch your progress toward our limited-edition prizes!  
*This is not the official record of your flexes.*  
You must register online for your flexes to be officially counted.

Complete 12 >> limited-edition Rec Well sweatshirt

Complete 8 >> limited-edition water bottle

Complete 5 >> limited-edition sticker

Scan the QR code above to register!

## Your Flex Options

### Aquatics

Attend log rolling at the Cove Pool (every other Friday starting September 13)<sup>3</sup>

Swim at the Soderholm Family Aquatic Center<sup>3</sup>

Attend swim lessons

Attend a swim clinic<sup>2</sup>

### Athletic Training

Use the Boost Treadmill<sup>2</sup>

Go to a drop-in Athletic Training clinic (Tuesdays, 1 - 3pm, Bakke)<sup>3</sup>

### Climbing

Attend a climbing special event<sup>2</sup>

Climb at Mt. Mendota 3 times<sup>1</sup>

### WI Welcome events

Attend the Bakke Block Party (September 1)

Attend Nick @ Night (September 5)

Attend Bucky's Great Escape (September 15)<sup>2</sup>

<sup>1</sup> - One swipe counted per day

<sup>2</sup> - Prior registration required

<sup>3</sup> - Must self-report participation via corresponding form



### **Move | Train | Play**

Attend 5 group fitness classes



Attend personal training or small group training



Attend a specialty fitness class (Intro to Olympic Weightlifting or Intro to Resistance Training)



Be on an active Sport Club roster



Participate in 5 intramural sports games/events



### **Programs & Services**

Access the Nick and/or Bakke 25 times<sup>1</sup>



Rent a locker



Be a part of an Around the Rec member feature (sign-up form)



Follow Rec Well on Instagram @uwrecwell



### **Wellbeing**

Participate in individual or drop-in wellness coaching



Attend a Wellbeing workshop<sup>2</sup>



Attend a Wolf Teaching Kitchen open house



Attend a cooking class



### **Tennis**

Attend tennis lessons/classes



Attend a NTS Student Night



Play open rec tennis at Nielsen 5 times<sup>1</sup>



Attend a tennis clinic<sup>2</sup>



### **Ice/skating**

Skate during open rec 3 times<sup>1</sup>



Attend skate lessons



Attend a theme skating night



Attend a skate clinic<sup>2</sup>

