

SPECIAL EVENTS & PROGRAMS

Carolina Fitness and the Counseling and Wellness Services offer special events and programs to help you achieve above and beyond what you imagined possible! For contact information and more details visit www.campusrec.unc.edu/events or <http://campushealth.unc.edu> [Note: All dates, times, and locations are subject to change.]

UNC BIGGEST LOSER CHALLENGE

The UNC Biggest Loser Challenge is a 12-week healthy lifestyle/weight loss/physical activity program sponsored by Campus Recreation and Counseling & Wellness Services designed to help participants achieve an optimal state of health. Selected participants will be divided into teams and have the opportunity to participate in program specific group fitness sessions, fitness challenges, nutrition workshops, and weekly weigh-ins. To apply, complete the UNC Biggest Loser registration form (available in pdf format on line).

SEXUAL RESPONSIBILITY

CWS offers programs to increase awareness of responsible sexual behaviors and to encourage each member of the UNC community to think about their sexual practices, communicate with their partners, and – if they choose to have sex – to practice safer sex. CWS will offer free, confidential, rapid HIV testing on Friday, February 15, 2008 from 10AM- 4PM in the Frank Porter Graham Student Union. This event is free and open to all students, faculty, staff and the broader community.

NATIONAL EATING DISORDERS AWARENESS WEEK • FEB 24 – MAR 1

Programs and events this week will center on the impact Eating Disorders have on college students across the United States and at UNC. Stay tuned for a schedule of events including movie screenings, panel discussions, and activities to raise awareness of eating disorders and offer support to those living with them. If you are interested in planning any of the activities and would like to work with other interested individuals, please call 966-3658.

WOMEN ON WEIGHTS • February- March

Here's the perfect program for women interested in weight training! The Women on Weights [WOW] program targets female patrons who want to incorporate strength training into their exercise regimens. For a small registration fee [\$50], you will receive 10 training sessions with our certified Personal Trainers [valued at \$250]. Please download a registration form from our website [www.carolinafitness.unc.edu] to participate in this program. Limit = 20 participants.

SHOW OF STRENGTH & ENDURANCE • Wed., Feb. 27 • 4 – 6PM • SRC

This event features a 1-rep maximum bench press competition and a push-up endurance test. Awards are given in each division [men's & women's] for the heaviest weight lifted, the strongest participant based on bodyweight, and the most push-ups completed. Registration is required, but this program is FREE to eligible patrons.

NATIONAL NUTRITION MONTH • March

Make healthy eating and good nutrition an important, enjoyable part of your campus life! Watch for announcements of the upcoming events the month of March.

KICK BUTTS DAY • March 26

Counseling and Wellness Services will be sponsoring Kick Butts Day. Kick Butts Day is an annual celebration of advocacy, leadership and activism against tobacco use. Kick Butts Day is a day to stand out, speak up and seize control in the fight against tobacco. It is an important opportunity to raise awareness about the tobacco problem and support strong tobacco prevention policies.

MEN'S & WOMEN'S NIGHT • March 27

Take the stress out of working out! For two hours the Student Recreation Center will be open to ONLY male patrons, while the Rams Head Recreation Center will be open to only females. Enjoy an evening of health and fitness geared towards you! Participate in a variety of activities such as fitness orientations, body composition testing, group exercise classes, a dodgeball tournament and more!

RELAY FOR LIFE • March 28-29

Show your support for the fight against cancer in this weekend of physical activity. Participate with Counseling and Wellness Services Tobacco Cessation Advocates and the American Cancer Society as they team up in the fight against cancer and raise awareness within the UNC community.

GROUP EXERCISE CLASSES

Group exercise classes offer a challenging, invigorating, and energizing variety to your cardiovascular workouts. Visit our website www.carolinafitness.unc.edu for a complete description of classes and group exercise policies.

Spring 2008 Tar Heel Group Fitness Schedule

(Subject to change)

CARDIO

High Energy	T	5:15-6:15pm	SRC
	F	4:00- 5:00pm	SRC
Step & Sculpt	M	12:15- 1:00pm	SRC
	W	4:00- 5:00pm	SRC
Step	M	6:30-7:30pm	SRC
	T	6:30-7:30pm	SRC
	TH	12:15-1:00pm	SRC
	Sat	10:15-11:15am	SRC

Step & Box	M	7:30- 8:30pm	RHRC
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Step Challenge	W	6:30- 7:30pm	SRC
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Step Circuit	TH	5:15- 6:15pm	SRC
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Cardio Kickbox	M & W	8- 9pm	SRC
	T	6:30- 7:30pm	RHRC
	TH	6:30- 7:30pm	SRC
	F	12:15- 1:00pm	SRC
	Sat	3:00-4:00pm	RHRC
	Sun	5:30-6:30pm	SRC

Box 30/20/10	M	5:00- 6:00pm	RHRC
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Funk	W	6:00-7:00pm	RHRC
	Sun	4:30- 5:30pm	SRC

Cardio Pump	M	5:15- 6:15pm	SRC
	T	4:00- 5:00pm	SRC
	TH	7:30- 8:30pm	RHRC
	F	4:30- 5:30pm	SRC
	Sat	11:00am-noon	SRC

ZUMBA	M	6:15- 7:15pm	SRC
	T	8:00- 9:00pm	RHRC
	W	5:15- 6:15pm	SRC
	TH	5:15- 6:15pm	RHRC

Cardio Dodgeball	F	4:00- 5:00pm	RHRC
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TONING

Muscle Cut	W	12:15-1:00pm	SRC
	M- TH	5:00- 6:00pm	SRC

Rear Attitude	T & TH	7:30-7:50pm	SRC
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TONING (cont.)

Butts, Guts & Thighs	T	7:30-7:50pm	RHRC
	W	8:00-8:45am	SRC
	F	5:30-6:15pm	SRC
	Sun	6:30-7:00pm	SRC

ABsolution	M	4:30-5:00pm	SRC
	M & W	7:30-7:50pm	SRC
	M & TH	8:30- 9:00pm	RHRC

CORE Training	T & TH	3:45- 4:45pm	SRC
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Resist-a-ball	W	3:30- 4:30pm	SRC
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FLEXIBILITY/STRETCH

Pilates Challenge	W	7:15- 8:15pm	RHRC
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Pilates	M	6:00- 7:00pm	RHRC
	T	12:15-1:00pm	SRC
	T & TH	6:15- 7:15pm	SRC

Yogalates	M	8:00- 8:45am	SRC
	Sun	4:00-5:00pm	RHRC

Mindful Yoga	T	5:15- 6:30pm	RHRC
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Yoga	M	4:00- 5:00pm	SRC
	W	6:15- 7:30pm	SRC
	TH	4:00- 5:00pm	RHRC
	T & TH	7:30- 8:45pm	SRC
	F	12:15-1:00pm	RHRC
	Sat	Noon- 1pm	SRC

Power Yoga	T & TH	8:00-9:15am	RHRC
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AQUA

Aqua Motion	T & TH	5:15- 6:15pm	Bowman Gray
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CYCLING (all cycle classes at rams head)

CYCLE	T & TH	6:45-7:30am	
	M – F	12:15-1:00pm	
	M & W	6:00-7:00pm	
	W	8:00-9:00pm	
	T & TH	5:30-6:30pm	
	T & TH	7:00- 8:00pm	
	Sat	10:30-11:30am	
	Sun	5:00-6:00pm	

SRC = Student Recreation Center • RHRC = Rams Head Recreation Center

GLADIATOR CHALLENGE

Fri., Apr. 18 • 3PM • TBD

Gladiator Challenge is an intense, physically challenging event that encourages participants to maximize their performance potential. Teams of two (male & female division) compete in a combination of various events testing strength, speed, agility, and endurance. Registration is limited.



SPRING PRODUCE MARKET • April

Look for the Produce Market this April (date to be announced), located outside of Rams Head. Students will be able to purchase fresh produce in the atmosphere of an authentic local outdoor market. The nutrition staff of CWS will be on hand to promote fruits and vegetables as part of a healthy diet. This event is being co-sponsored with Carolina Dining Services.

