"The 3 C's of Life: Choices, Chances, Changes. You must make a choice to take a chance or your life will never change."

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**This Week At UHD**

**Apr. 24 Mon**
**Step UP!**
This interval class uses a height adjustable step to keep your heart pumping!
*Time: 12:15PM-1:00PM*
*Location: Student Life Center*
*Sports & Fitness*

**Butts & Guts!**
This class is designed to tighten and tone your abs and glutes quickly and efficiently.
*Time: 6:05PM-7:00PM*
*Location: Student Life Center*
*Sports & Fitness*

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**Apr. 25 Tue**
**Jillian Michaels BODYSHRED**
This high-energy workout consists of choreographed step patterns to provide a solid workout. Jillian Michaels BODYSHRED is a high intensity and endurance based 30 minute workout.
*Time: 10:00AM-10:30PM*
*Location: Student Life Center*
*Sports & Fitness*

**Building Your Resume**
Learn to translate your skills and experiences to your resume!
*Time: 3:30PM-4:30PM*
*Location: One Main A-300*
*Career Development*

**Muscle n' Music**
Muscle n' Music will use strength exercises, drumming and guitar playing choreographed to music in a way you've never seen before!
*Time: 4:10PM-4:40PM*
*Location: Student Life Center Studio*
*Sports & Fitness*

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**Apr. 26 Wed**
**Great Careers!**
Learn about careers in web design, social media, business, medical and legal spheres, engineering, and the energy/oil & gas industries available with the Bachelor of Science in Professional Writing and Master of Science in Technical Communication degrees.
*Time: 11:30PM-12:30PM*
*Location: One Main A-605*
*Sports & Fitness*

**Kickboxing!**
Kickboxing is an action-packed workout that combines a series of punching and kicking combinations in order to improve strength, muscle tone, and endurance.
*Time: 11:30PM-12:30PM*
*Location: Student Life Center Studio*
*Sports & Fitness*

**Dance Video Choreography**
This class combines dance choreography, performance and multimedia as you learn and perfect a routine to a specific song.
*Time: 2:30PM-3:45PM*
*Location: Student Life Center Studio*
*Sports & Fitness*

**Law Forum**
An event where law school students, attorneys, and judges come and speak; then students can ask questions.
*Time: 7:00PM-8:00PM*
*Location: One Main A-300*
*Sports & Fitness*

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**Apr. 27 Thu**
**SWSCAN Food Sale!**
Come to the commerce building for some delicious Fruit Pizza, Hot Cheetos Pie, Sour Pickles, and many more snacks!
*Time: 11:30PM-1:30PM*
*Location: Commerce Building*
*SWSCAN*

**Bootcamp!**
This class is designed to increase agility, strength, endurance and power.
*Time: 2:30PM-3:30PM*
*Location: Student Life Center Studio*
*Sports & Fitness*

**Mixer!**
Come hang out with ALFA to for a social mixer at the Okra Saloon
*Time: 5:30PM-8:00PM*
*Location: Okra Charity Saloon*
*ALFA*

**Final Meeting!**
We will have our last meeting of the spring semester. There will be food and we will also recognize the graduating seniors! Come hang out with us and meet the officers!
*Time: 5:30PM-8:00PM*
*Location: Shea Building 8-108*
*International Business UHD*