This Week At UHD

"Happy Finals! May the curve be ever in your favor!"

May 1 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: 11:30AM-12:15PM
Location: Student Life Center Sports & Fitness

May 2 Tue.
Jillian Michaels BODYSHRED
This high-energy workout consist of choreographed step patterns to provide a solid workout. Jillian Michaels BODYSHRED is a high intensity and endurance based 30 minute workout.
Time: 12:00PM-12:30PM
Location: Student Life Center Sports & Fitness

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: 12:30PM-1:15PM
Location: Student Life Center Sports & Fitness

May 3 Wed.
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: 12:30PM-12:55PM
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: 12:30PM-1:15PM
Location: Student Life Center Studio Sports & Fitness

May 4 Thu.
Bootcamp!
This class is designed to increase agility, strength, endurance and power.
Time: 2:00PM-2:55PM
Location: Student Life Center Studio Sports & Fitness

Final General Assembly
Join SGA for Final Assembly for 16-17 Administration! Free Pizza, Drinks, and Prizes!
Time: 1:00PM-3:00PM
Location: One Main G00
Student Government Association

May 5 Fri.
Gardening Fridays!
Garden with us, we get dirty!
Time: 12PM-2PM
Location: Sustainability Garden Garden Club

FINALS LIVE!
Click on the link below to see what we have in store for our students during finals!

>>>CLICK HERE<<<
University of Houston-Downtown

STUDENT ACTIVITIES SUPPORTS ALL ORGANIZATIONS ON CAMPUS
FOR MORE INFORMATION CONTACT ELI AT ESANTIBANEZ@UHD.EDU