"I never lose. I either win or I learn!"

**Apr. 17 Mon**
**Pizza With The President**
You’re invited to Pizza with the President, a student meet and great opportunity to welcome new UHD President, Dr. Juan Sanchez Muñoz to campus!
- Time: 12PM-1:30PM
- Location: Coffee House (behind A350)
- University of Houston Downtown

**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

**UHD Intramural soccer league playoffs**
Join us for our intramural soccer league playoffs!
- Time: 4PM-7PM
- Location: McReynolds Soccer Field
  - Sports & Fitness

**Butts & Guts!**
This class is designed to tighten and tone your abs and glutes quickly and efficiently.
- Time: 6:15PM-7:00PM
- Location: Student Life Center
  - Sports & Fitness

**Apr. 18 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: 10:00AM-10:30AM
- 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: 4:10PM-4:50PM
- Location: Student Life Center Studio
  - Sports & Fitness

**Student Networking Event**
Meet & network with CHSS Alumni
Learn about our alumni’s experiences as a student. Discover what alumni are doing post-graduation.
- Time: 5:30-7:30
- Location: One Main Milam/Travis Rm
  - College of Humanities and S5

**Apr. 19 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: 11:30AM-12:30PM
- Location: Student Life Center Studio
  - Sports & Fitness

**Homeless Youth: Serving an Invisible Population**
Runaway and homeless youth are often disconnected from family, and undeserved by communities, left to fend for themselves on the fringes of our society.
- Time: 1:30PM-3:00PM
- 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

**Apr. 20 Thu**
**Part-time & Internship Job Fair**
Are you looking for an internship or a part-time position? Then, look no further! We have internships and jobs for you!
- Time: 11:30AM-3:30PM
- Location: One Main A-300
  - Career Development Center

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

**Interdisciplinary Studies Alumni Panel**
Ever wondered what graduates of Interdisciplinary Studies do after college? Now’s your chance to talk to Interdisciplinary Studies Alumni about their transition from college to career!
- Time: 6:00PM-7:30PM
- Location: One Main Welcome Center
  - RSVP Here!
- University of Houston Downtown

**Apr. 21 Fri**
**Buffalo Bayou Service Project**
Participate in a fun and exciting day of interactive activities centered around education about the environmental impact, and the threats that face the Buffalo Bayou.
- Time: 10AM-12PM
- Location: UHD Buffalo Bayou
  - Public Events

**Gardening Fridays!**
Garden with us, we get dirty!
- Time: 10AM-12PM
- Location: Sustainability Garden
  - Garden Club

**American Red Cross First Aid/CPR/AED Training**
Get trained on how to respond to emergency situations in the 1-day First Aid, APR and AED training.
- Time: 9AM-3:30PM
- Location: One Main N002
  - Sports & Fitness

#gatorstrong

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