This Week At UHD

Whether you think you can, or you think you can't, you're right!

Mar. 20 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

Mar. 21 Tue

Excel Workshop for Finance & Acct.
A fantastic opportunity for students to supplement their education and gain valuable, marketable hard skills.
Time: 6PM-8PM
Location: One Main Building Room A705 Financial Management Association

Butts & Guts!
This class is designed to tighten and tone your abs and glutes quickly and efficiently.
Time: 5:00PM-7:00PM
Location: Student Life Center
Sports & Fitness

Jillian Michaels BODYSHRED
This high-energy workout consists of choreographed 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

Mar. 22 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-12:50PM
Location: Student Life Center Studio
Sports & Fitness

Screening: The Mask You Live In
This film follows boys and young men as they struggle to stay true to themselves while negotiating America’s limited definition of masculinity.
Time: 2:00PM-2:30PM
Location: One Main Building A-300 Center for Student Diversity

Bayou Bash!
Come and enjoy plenty of crawfish, beer from Saint Arnold’s, and live music from the Platinum Players Zydeco Band, fun family activities and much more!
Time: 4PM-7PM
Location: One Main South Deck
 Registration: Office of Student Activities

Mar. 23 Thu

Spring Fiesta!
Join the Academic Advising Center for our Spring Fiesta! The day’s festivities include a scavenger hunt, food, games and more!
Time: 12PM-3PM
Location: Academic Advising Center
Academic Advising Center

Career in Retailing Job Fair
Center for Retail Management and Career Center will be hosting Careers in Retailing Job Fair.
Time: 10AM-2PM
Location: One Main Building A-300 Retail Center

Mar. 24 Fri

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

Delicious on a Dime
This workshop offers mealtime solution with easy-to-make recipes that don’t require pricey ingredients or hours of prep work.
Time: 2:30PM-3:30PM
Location: One Main Bldg. N1099
Sports & Fitness

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