This Week At UHD

Release the past, accept the present, and create your future!

Mar. 27 Mon
Community Conversations
How Can We Use Our Influence to Address Quality Education Access for Houston’s Children?
Time: 9:30AM-11:30AM
Location: One Main Travis Room
Sign up Here!
College of Humanities

Arts and Communication Festival Kick-off Party
The Rocket! Party will have department members on hand to offer potential majors information on the new department, fall class and department programming.
Time: 11:00AM-1:00PM
Location: One Main Mural Area
See Festival Calendar Here!
College of Humanities

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 & Glutes!
This class is designed to lengthen and tone your abs and glutes quickly and efficiently.
Time: 6:30PM-7:00PM
Location: Student Life Center
Sports & Fitness

Mar. 28 Tue
Gator Sidewalk Drawing
Gator Sidewalk Chalk Drawing featuring Giant Gator Drawing by Bobby Ramos
Time: 10:00AM-12:00AM
Location: One Main North Deck
College of Humanities

Film Screening: Cesar Chaves
Come join us for this acclaimed film adaptation of Cesar Chavez’s work as an activist. Work that would have been impossible without the equally hard work and support of his wife.
Time: 12:00PM-2:00AM
Location: One Main North Deck
College of Humanities

Jillian Michaels BODYSHRED
This high intensity 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-10:30PM
Location: Student Life Center
Sports & Fitness

Mar. 29 Wed
Fine Arts & Communication Internship Fair
Come and check out our internship fair!
Time: 12:30PM-2:00PM
Location: One Main A-300
See Festival Calendar Here!
College of Humanities

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-3:00PM
Location: Student Life Center Studio
Sports & Fitness

Colloquium Series: Dr. Ken Johnson
The Sociology Department of Natural Sciences invites all faculty, staff and students to attend the following research talk as part of the NS Spring 2017 Colloquium Series.
Time: 11:00AM-12:00PM
Location: One Main N-240
UHD Natural Sciences

Music n’ Music
Music n’ Music will use strength exercises, drumming and guitar playing choreographed to music in a way you’ve never seen before.
Time: 4:30PM-5:00PM
Location: Student Life Center Studio
Sports & Fitness

Mar. 30 Thu
U.S. Border Patrol Tabling
Meet with representatives from the U.S. Border Patrol today and learn about a career with that agency.
Time: 11:00AM-12:00PM
Location: One Main Building 4th Floor
Career Development Center

UHD Women’s Pride Celebration
Women, please come and share why you are proud to be a woman. Men, please share why you are an ally of women and of women’s concerns.
Time: 11:00AM-3:30PM
Location: One Main Food Court Center for Student Diversity

Arts and Communication Festival: Open Mic Karaoke
Gators get your song-on with Open Mic Karaoke!
Time: 12:15PM-2:15PM
Location: One Main Mural Area
See Festival Calendar Here!
College of Humanities

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-3:30PM
Location: Student Life Center Studio
Sports & Fitness

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

Mar. 31 Fri
Gardening Fridays!
Garden with us, we get dirty!
Time: 10:00AM-11:00AM
Location: Sustainability Garden
Garden Club

Women’s Self Defense
Learn to keep yourself safe in real world situations. You will be taught basic techniques to improve safety including escaping, kicking and striking skills.
Time: 12:00PM-1:45PM
Location: Student Life Center
Sports & Fitness

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