Today, we are the Augustana University Recreational Services Department ready to highlight our September activities!

1. **Calendar of Events**
   A. September is attached
   B. If you would like a hard copy calendar let me know and I will send one through campus mail!

2. **Group Fitness Classes** (attached)
   a. Classes are FREE!
   b. Bring 1-2 guests with you to make it more fun!
   c. We have Faculty/staff classes only - check those out.

3. **Intramural Activities:**
   **Sign up is currently going on for...**
   a. Open Poker Run
   b. Co-rec All Terrain Volleyball Tournament
   c. Women’s 4 x 4 flag football League
   d. Men’s 7 x 7 Flag Football League
   e. Men’s and Women’s Dog Eat Dog Bowling Tournament
   f. Co-rec Sand Volleyball Tournament
   g. Get Fit program (self-reported 20/40 workouts) = a prize

4. **Outdoor Program:**
   a. Sept. 3 Bike around town at 5:30pm (Meet at the Commons)
   b. Palisades Rock Climbing Saturday, Sept. 12 from 10am - 4pm
   c. See attached Sept. calendar of events
   d. For more information contact our GA - Shauna Maurer at 4638.

5. **Late Night Activities:**
   a. Matball on Saturday, Sept. 12 at 10pm
   b. Laser Tag on Saturday, Sept. 19 at 9pm

6. **Pool Options:**
   a. Lap swim, aqua jog, play!
   b. Pool temp is 83.5 degrees and the air temp is 85.5
   c. We have Faculty/staff only locker rooms.
   d. Consider attending a hydrofit class!
   e. Sauna’s available
   f. Padlock/towels options for $25

7. **Weight Room options:**
   a. We have cardio equipment - call 4633 and sign up a day a head to reserve!
   c. We have circuit weight class we would love you to try out!

8. **Racquetball courts:**
   a. Call 4637 to sign up the day of or for the next day.
   b. Try racquetball, handball or even walleyball.

7. **Common Questions** (attached)

8. Visit [www.augie.edu/rec](http://www.augie.edu/rec) for all of your Recreational Services Dept. events, schedules and building hours.
   a. Again, if you would like a copy of our Intramural and Recreation Calendar I would be happy to send you one.
   b. If you need a tour, a workout program set up please don’t hesitate to ask