

Knockout NOVEMBER & De-Stress DECEMBER

2018

Students from the HPER program will be leading a series of fun fitness activities in the Wells Fargo throughout the months of November and December to fulfill their course requirements. Please come to participate and offer encouragement to our students! Classes are free and open to all!

KN & DD activities are suitable for ALL fitness/skill levels with various modifications available.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NOV. 12	13	14	15	16
	Hot Dodgers 11:30am - 12:45pm WFSC GYM		Hot Dodgers AND May The "Fit" Be With You 11:30am - 12:45pm WFSC GYM	
19	20	21	22	23
	Core & More 11:30am - 12:45pm WFSC Studio		THANKSGIVING	
26	27	28	29	30
	Triathlon 11:30am - 12:45pm Meet in WFSC GYM		May The "Fit" Be With You 11:30am - 12:45pm WFSC GYM	
DEC. 3	4	5	6	7
	Beach Ball Volleyball 11:30am - 12:45pm WFSC GYM		Core & More WFSC Studio 11:30am - 12:45pm Beach Ball Volleyball WFSC GYM 11:30am - 12:45pm	



Event Descriptions

Hot Dodgers

Exams got you down? Don't Stop **BALL-IEVING!** Release your end of semester stress on human targets. Join the Hot Dodgers for multiple variations of dodgeball: Quad Ball, Kings Ball, and many more! If you can dodge deadlines, studying, and class then you can dodge a ball! Just use the 5 D's: Dip, Dodge, Duck, Dive, and Dodge!

***We will provide the balls, you just need to bring the dodge.

May The "Fit" Be With You

Come experience the "Fit" side of The Force with Star Wars themed Dodgeball! Join the Empire or the Rebellion and battle in a game of strategy as you must both defend your base AND knockout the opponent.

Core & More

Enjoy a good core workout, stretch your stress away, and take time for yourself. Come join us for a fun way to reset your mind and body to be ready for any upcoming challenges.

Triathlon

Why not do it all?! Rotate through stations of swimming in the WFSC POOL, biking in the WFSC Cycling Studio, and an obstacle course in the WFSC GYM!

Beach Ball Volleyball

Experience a fun island vibe while you bump, set, and spike a beach ball over the net! Variations of beach ball volleyball suitable for any skill level.

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