

APRIL 18 - APRIL 24, 2021

APRIL WORKOUT CHALLENGE

We are excited to welcome you to The REC's weekly newsletter! Here we will keep you up-to-date on all upcoming events and changes happening at the REC center. In addition, this newsletter will provide you with weekly recipe ideas as well as a "Work Out of the Day" for each day of the week.

LET'S KEEP IN TOUCH:



southeastern.edu/recsports



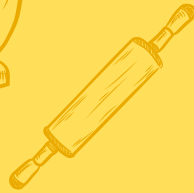
Calendar grid for the week of April 18-24, 2021. Days include Sun (Rest Day), Mon (Cardio, Weight Training), Tues (Cardio, Weight Training), Wed (Cardio, Weight Training), Thurs (Cardio, Weight Training), Fri (Cardio, Weight Training), and Sat (Rest Day).

HEALTHY DESSERT ALTERNATIVES

For full recipes and nutritional info, visit our website above!



Zucchini Brownies



No Bake Almond Butter Cookies



Healthy Chocolate Chip Cookies



Sautéed Cinnamon Apples

What's Happening This Week At The REC

Table listing weekly events for Monday through Thursday, including classes like Dance Fitness, Tai Chi, Barre, and Yoga with times and room numbers.

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Meet the Team

Name:

Kaitlyn "Kat" Bradford

Position:

Marketing Team

Favorite Type of Workout:

Core Workouts

Fitness Tip:

Working out only goes so far, you have to eat healthy too



DROP IN AND PLAY!

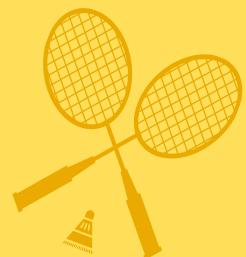
Exercise should be F-U-N! For the next two weeks, we'll be offering drop-in play for various sports Mondays-Thursdays from 11:30am-2pm. Come by during lunch time and learn a new sport, meet new people, and just have fun!



VOLLEYBALL: APR 19-22



BADMINTON: APR 26-29



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LET'S KEEP IN TOUCH:



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