Intramural and SRC Activities

Disc Golf Play Begins September 15 Location Iroquois Park

Putt Putt Golf Play Begins September 16 Location Putt Putt Fun Center

Golf Play Begins September 18 Location Cherokee Golf Course

Whiffle Ball Play Begins September 21 Location To Be Announced

Turkey Trot Play Begins September 22 Location Campus

Pickleball Play Begins September 28 Location SRC Third Floor

Group Fitness Classes offered daily

Cycling, various Yoga classes, Hard Core Abs, HIIT, Total Body Blast, Dance Fitness, Bro Yoga

Online Only Classes via Instagram Live @ULSRC

Monday 5-5:30 HIIT

Tuesday 6-6:30 Yoga

Thursday 4:30-5 Butts and Guts

Virtual 5K Your Way September 30

Complete a 5K, or 3.1 miles, any way you like- run, walk, bike, row….show us proof and win a prize.