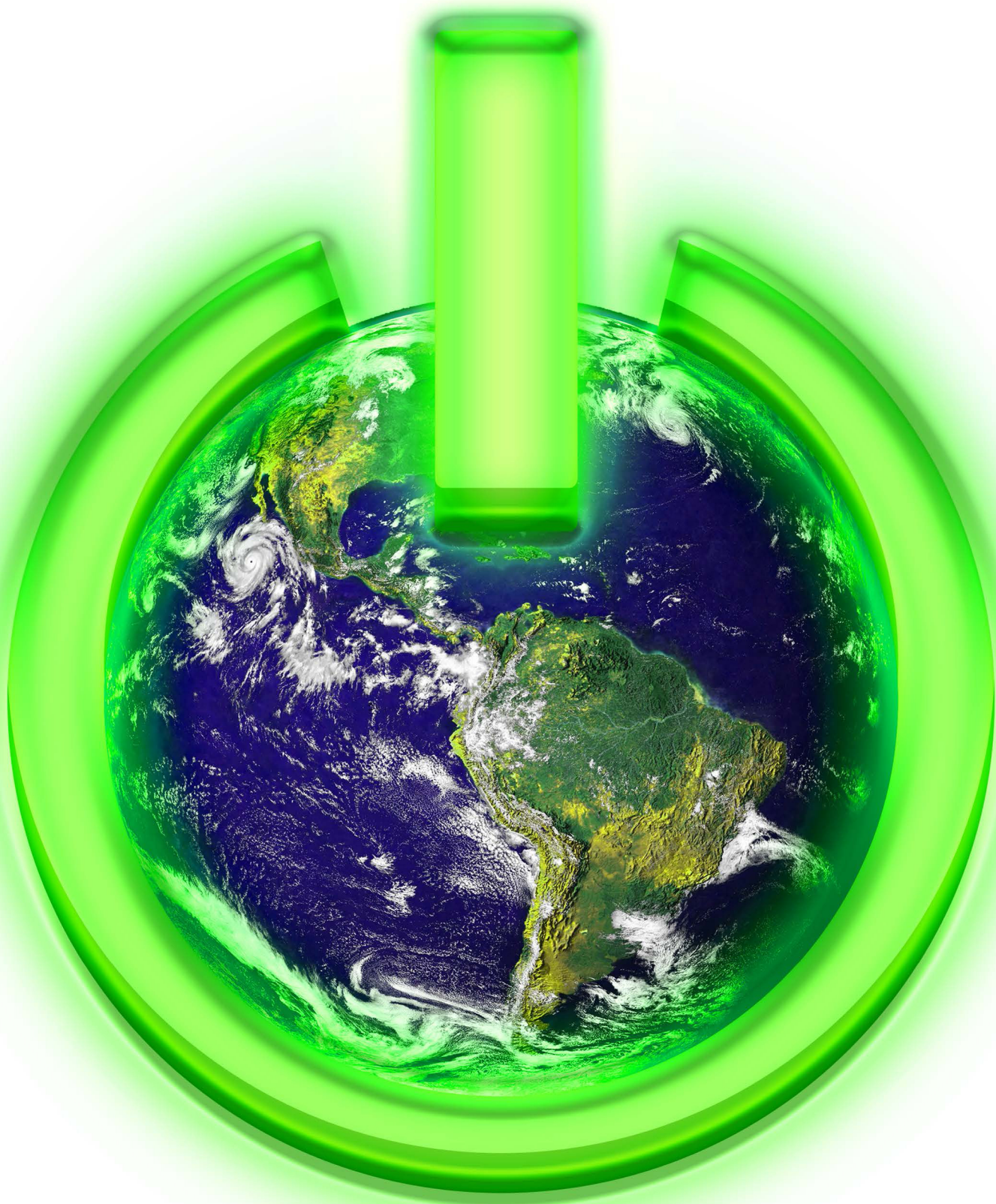


# POWER



**Title**

- Figure 1:** CSU Challenge Course
- Figure 2:** Common Training
- Figure 3:** Drop-In Recreation - Student Rec Center
- Figure 4:** Important Information - Campus Recreation
- Figure 5:** Sea Kayaking - Florida Everglades
- Figure 6:** Mind & Body
- Figure 7:** Outdoor Program 1
- Figure 8:** Outdoor Program 2
- Figure 9:** Outdoor Program 3
- Figure 10:** POWER
- Figure 11:** Raise the Dead Yoga - Rec-O-Ween
- Figure 12:** Spooky Cycle Ride - Rec-O-Ween
- Figure 13:** Steve Jobs - Rolling Stone



**Challenge**  
Ropes Course

Colorado State University

# CHALLENGE COURSE

General Information

Figure 1: CSU Challenge Course



# **COMMON TRAINING**

**JANUARY 27TH**

**9:00AM-11:30AM**

**SIGN UP FOR TRAINING SESSIONS  
IN THE BREAK ROOM**

**OPTIONAL BREAKFAST  
8:15-9:00**

Figure 2: Common Training

# DROP-IN

## January 22 - February




**Mondays**  
Soccer in MAC  
4 - 11:15p

**Wednesdays**  
Soccer in MAC  
4 - 11:15p

**Fridays**  
Soccer in MAC  
4 - 11:15p

**Saturdays**  
Soccer in MAC  
8a - 12p




**Tuesdays**  
Volleyball in MAC  
12 - 11:15p

**Thursdays**  
Volleyball in MAC  
12 - 11:15p

**Saturdays**  
Volleyball in MAC  
12 - 7:45p

**Sundays**  
Volleyball in MAC  
12 - 7:45p



**Fridays**  
Table Tennis in  
Studio 1  
7 - 11p

**Saturdays**  
Table Tennis in  
Studio 1  
4 - 8p



**Thursdays**  
Badminton in  
MAC  
12 - 11:15p

**Saturdays**  
Badminton in  
MAC  
12 - 7:45p

Colorado State University  
**Rec**

Colorado State University  
**Colorado State**

# DROP-IN SCHEDULE

## January, 2nd - 21st




Mondays - Soccer in the MAC, 12:30-7:45pm  
Wednesdays - Soccer in the MAC, 12:30-7:45pm  
Fridays - Soccer in the MAC, 12:30-7:45pm  
Saturdays - Soccer in the MAC, 12:30-7:45pm



Tuesdays - Volleyball in the MAC, 12-7:45pm  
Thursdays - Volleyball and Badminton in the MAC, 12-7:45pm  
Sundays - Volleyball and Badminton in the MAC, 12-7:45pm



Fridays - Table Tennis in Studio 1, 4-8pm  
Saturdays - Table Tennis in Studio 1, 4-8pm




Thursdays - Badminton in the MAC, 12-7:45pm  
Sundays - Badminton in the MAC, 12-7:45pm

## DROP-IN RECREATION

AT THE STUDENT REC CENTER

COME DURING THESE HOURS WITH YOUR CSU PHOTO ID FOR ACCESS TO THESE ACTIVITIES

	<b>LOCATION</b> MAC GYM	<b>MONDAYS</b> <b>WEDNESDAYS</b> <b>FRIDAYS</b> <b>SATURDAYS</b>	<b>4-11:15PM</b> <b>4-11:15PM</b> <b>4-11:15PM</b> <b>8AM-12PM</b>
	<b>LOCATION</b> MAC GYM	<b>THURSDAYS</b> <b>SATURDAYS</b>	<b>12PM-11:15PM</b> <b>12PM-7:45PM</b>
	<b>LOCATION</b> STUDIO 1	<b>FRIDAYS</b> <b>SATURDAYS</b>	<b>7PM-11PM</b> <b>4PM-8PM</b>

Equipment can be checked out at the Equipment Desk (racquets, shuttlecocks, table tennis balls, paddles and soccer balls)

Colorado State University

**STARTING THE WEEK OF OCTOBER 8TH**

**Figure 3: Drop-In Recreation - Student Rec Center**

# CAMPUS RECREATION

# IMPORTANT INFORMATION

## FINALS WEEK

If you have a locker and want to renew it for the spring semester, you may do so between December 10 and January 17.

## WINTER BREAK HOURS

Renew your locker for the spring semester by January 17.

<b>FRIDAY DEC 14</b> 6:00 AM-8:00 PM	<b>THURS-FRI DEC 27-28</b> 6:00 AM-8:00 PM	<b>WED-FRI JAN 2-4</b> 6:00 AM-8:00 PM	<b>MON-FRI JAN 14-18</b> 6:00 AM-8:00 PM
<b>SAT-SUN DEC 15-16</b> NOON-8:00 PM	<b>SAT-SUN DEC 29-30</b> NOON-8:00 PM	<b>SAT-SUN JAN 5-6</b> NOON-8:00 PM	<b>SATURDAY JAN 19</b> NOON-8:00 PM
<b>MON-FRI DEC 17-21</b> 6:00 AM-8:00 PM	<b>MONDAY DEC 31</b> 6:00 AM-6:00 PM	<b>MON-FRI JAN 7-11</b> 6:00 AM-8:00 PM	<b>MONDAY JAN 21</b> 6:00 AM-8:00 PM
<b>SAT-WED DEC 22-26</b> CLOSED	<b>TUESDAY JAN 1</b> CLOSED	<b>SAT-SUN JAN 12-13</b> NOON-8:00 PM	

## SPRING 2013

**SPRING LOCKER Rates**  
Full Size Locker: \$50  
Half Size Locker: \$30  
F Size Locker: \$18

### INTRAMURAL SPORTS EVENT

SIGN-UP DATES	EVENT TYPE	ENTRY FEE
JAN. 22-28	4-week league	\$45 / team
JAN. 22-28	4-week league	\$45 / team
JAN. 22-28	4-week league	\$45 / team

New Locker Rentals begin January 22 at 6 a.m.

[www.campusrec.colostate.edu](http://www.campusrec.colostate.edu)

970-491-6359



Figure 4: Important Information - Campus Recreation

DECEMBER 14 - DECEMBER 22

# SEA KAYAKING

## Florida Everglades

**INTRODUCTION** This introductory trip is a multi-day sea kayaking exploration of the breathtaking Florida Everglades. This trip is designed for those eager to explore this incredible natural place while learning important paddling, Leave No Trace, outdoor cooking and general outdoor safety skills. No previous paddling experience necessary

**INFORMATION** The group will travel by van to Everglades National Park and 10,000 Islands. We will then paddle and camp for 5 days and nights on pristine beaches and in the forests of the parks. The distance paddled each day will be determined by the group's experience and interest level.

**COST** Students only: \$395 Price includes transportation, food, instruction, gear, permits, etc...

For more information, visit our website



[WWW.CAMPUSREC.COLOSTATE.EDU/OUTDOORPROGRAM/INDEX.CFM](http://WWW.CAMPUSREC.COLOSTATE.EDU/OUTDOORPROGRAM/INDEX.CFM)



Figure 5: Sea Kayaking - Florida Everglades

# Mind & Body

over

# 12

different formats to choose from

Free your mind and the rest will follow

{ CALM YOUR MIND  
FIND YOUR FOCUS  
FOCUS YOUR MIND }

THE Rec CENTER  
at COLORADO STATE UNIVERSITY



	Time	Class	Instructors	Room	Pass		Time	Class	Instructors	Room	Pass	
Monday	7:00-8:15 AM	Zen Ride (meets in CS)	Sam R.	CS&S2	CP/MBP	Thursday	7:00-8:15 AM	Vinyasa	Laurie R.	S4	MBP	
	12:00-12:45 PM	Power Yoga	Kelsey W.	S4	MBP		8:15-9:30 AM	Zen Ride (meets in CS)	Sam R.	CS&S2	CP/MBP	
	4:00-5:00 PM	Beginner Yoga	Kyndall K.	S4	FREE		11:30-12:15 PM	Beginner Yoga	Michael	S4	FREE	
	4:30-5:30 PM	Yoga Sculpt	Rachael H.	S2	MBP		3:30-4:45 PM	Hatha Yoga	Jayne S.	S4	MBP	
	5:00-6:15 PM	Power Yoga	Kelsey W.	S4	MBP		4:30-5:45 PM	Zen Ride (meets in CS)	Sophie	S4	CP/MBP	
Tuesday	8:00-9:00 AM	Yoga Flow	Samantha I.	S4	MBP	Friday	8:00-9:00 AM	Hatha Yoga	Kyndall	S4	MBP	
	11:45-1:00 PM	Hatha Yoga	Jill	S4	MBP		12:00-1:00 PM	All Levels Integral Yoga	Michael	S4	MBP	
	1:15-2:15 PM	Beginner Yoga	Jill	S4	FREE		5:00-6:00 PM	Yoga Sculpt	Rachael H.	S2	MBP	
	3:45-5:00 PM	Yoga & Meditation	Jayne S.	S4	MBP		Saturday	10:00-11:15 AM	Yoga Grab Bag	(Rotating)	S4	MBP
	5:30-6:45 PM	Vinyasa	Claire	S4	MBP			Sunday	11:00-12:15 AM	Yoga Flow	Samantha I.	S4
6:15-7:15 PM	Yoga Sculpt	Rachael H.	S2	MBP	5:00-6:00 PM	Beginner Yoga			Jaime P.	S4	FREE	
7:15-8:00 PM	Yoga & Meditation	Jason	S4	MBP								
Wednesday	7:00-8:15 AM	Vinyasa	Laurie R.	S4	MBP							
	12:30-1:30 PM	Pilates	Anna	S4	MBP							
	4:15-5:30 PM	Hatha Yoga	Jayne S.	S4	MBP							
	5:45-7:00 PM	All Levels Integral Yoga	Michael	S4	MBP							
	7:15-8:15 PM	Beginner Yoga	Michael	S4	FREE							
8:30-9:45 PM	Power Vinyasa Flow	Claire	S4	MBP								

Figure 6: Mind & Body



# OUTDOOR PROGRAM

## 2019 OUTDOOR LEADERSHIP WEEK

Brought to you by  
the CSU Outdoor  
PROGRAM

### **INTRO TO ROCK CLIMBING**

@ Castlewood Canyon

Sunday, October 14th

\$35

### **MEDALLION HUNT**

(AROUND CSU)

Prizes For The Winners

October 15th - 19th

FREE

### **OUTDOOR PHOTO CONTEST**

(ANYWHERE OUTSIDE)

Prizes For The Winners

October 15th - 19th

FREE

### **INTRO TO CROSS-COUNTRY MOUNTAIN BIKING**

@ Soapstone Prairie

Saturday, October 20th

\$30

### **INTRO TO DOWNHILL MOUNTAIN BIKING**

@ Lory State Park

Sunday, October 21st

\$30tt

### **REEL ROCK FILM FESTIVAL**

@ the Lincoln Center

Wednesday, October 17th

\$12



FOR DETAILED INFORMATION ABOUT THESE TRIPS AND HOW TO REGISTER,  
PLEASE VISIT OUR WEBSITE:

[CAMPUSREC.COLOSTATE.EDU/OUTDOORPROGRAM/INDEX.CFM](http://CAMPUSREC.COLOSTATE.EDU/OUTDOORPROGRAM/INDEX.CFM)



Figure 7: Outdoor Program 1

# 8 Annual CSU Boulderling Comp DOOMS DAY

—Tuesday November 13th—

1st Session: 4-6pm

2nd Session: 6-8pm

Dyno Comp: 8-9pm

Finals: 9-10pm

- Sign up for the 1st Session OR the 2nd Session (not both)
- Cost is \$8 and is limited to Students and Rec Center Members only
- You will register for your Division on the night of the comp: Rec, Int, Adv, or Open.
- The top 5 climbers (male and female) will be entered into Finals.
- All skill levels are welcome and there will be a prize raffle for everyone who competes, not just the winners.



Questions? Speak with one of the Climbing Wall Assistants to find out more.

Figure 8: Outdoor Program 2

# OUTDOOR PROGRAMS TRIPS AND EVENTS

## Trips

Intro to Ice Climbing	3/9 (\$40)
Intro to Rock Climbing	4/21 (\$18)
Intro to Single Pitch Anchors	4/28 (\$24)

## Classes

Bike Maintenance "Brakes"	4/2 (FREE)
Bike Maintenance "Derailleurs"	4/9 (FREE)
Traffic Skills 101	3/2 & 3/30 (FREE)
Wilderness First Responder	5/20 - 5/29 (FREE)

## Events

Winter Photo Contest	2/18 - 3/10 (FREE)
BANFF Mountain Film Festival	2/22-2/23
Bouldering Competition	4/16

TRIP REGISTRATION AT THE SERVICE CENTER  
CHECK OUT OUR WEBSITE FOR UPDATES AND ADDITIONS



Figure 9: Outdoor Program 3

# POWER



Figure 10: POWER

# REC-O-WEEN

**RAISE THE DEAD YOGA: 7:15 - 7:45 PM**

**TEST YOUR BODY BENDING SKILLS WITH YOUR FELLOW MONSTERS DURING THIS 30 MIN. DON'T FORGET TO WEARE YOUR COSTUME!**



**Colorado  
State  
University**  
CAMPUS RECREATION

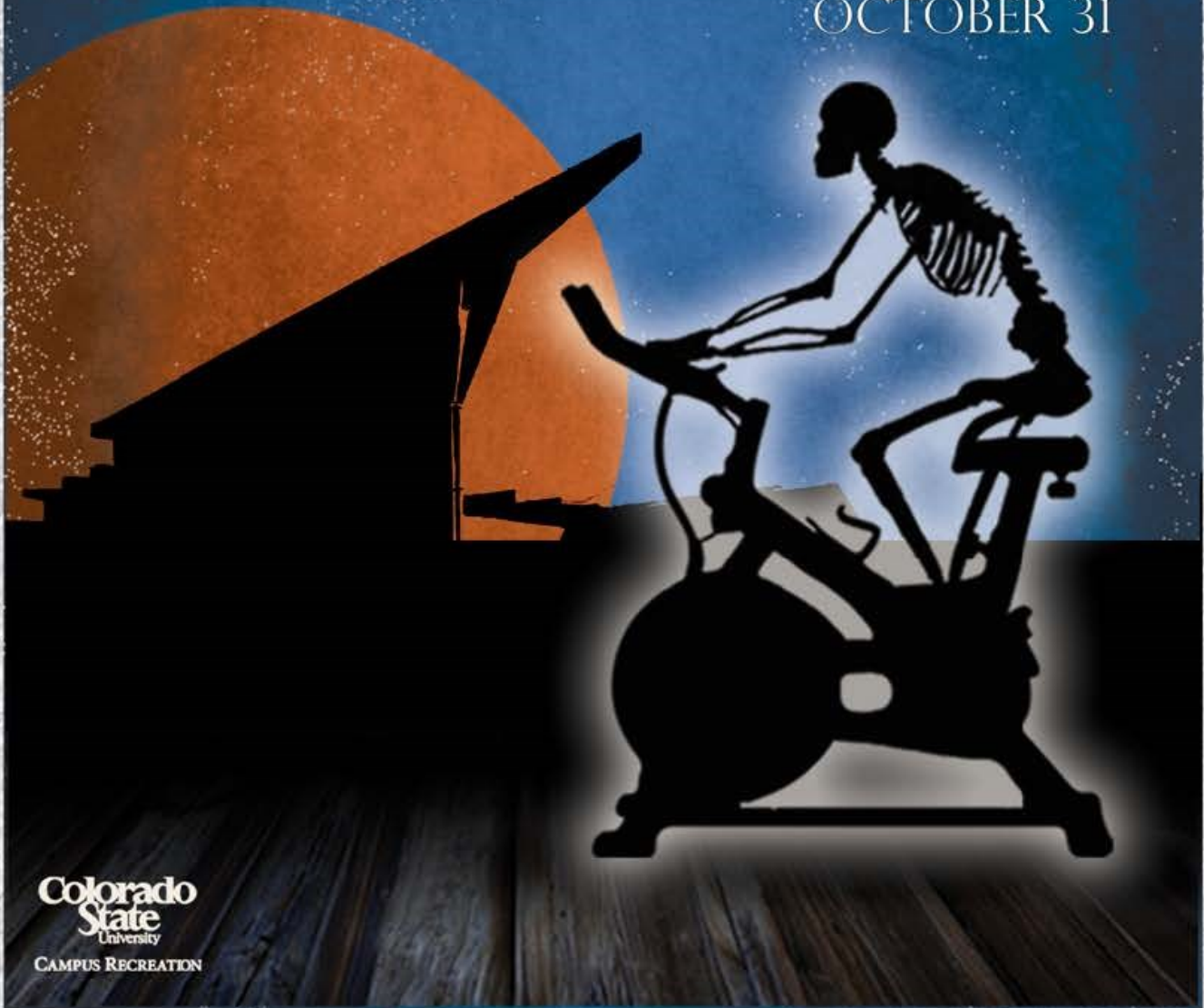
Figure 11: Raise the Dead Yoga - Rec-O-Ween

# REC-O-WEEN

**SPOOKY CYCLE RIDE: 7 - 9 PM**

COME TAKE A SPOOKY THEMED CYCLE RIDE WITH YOUR FRIENDS AND A CSU REC CYCLING INSTRUCTOR. EACH RIDE LASTS 20 MINS. REMEMBER TO WEAR YOUR COSTUME!

OCTOBER 31



Colorado  
State  
University  
CAMPUS RECREATION

Figure 12: Spooky Cycle Ride - Rec-O-Ween

# Rolling Stone

## Steve Jobs

Influencing music more than you would have ever imagined.

Figure 13: Steve Jobs - Rolling Stone