

CAMPUS REC BINGO!

JANUARY 24-31

Explore all that Campus Rec has to offer by completing activities below and turning in your bingo board for a chance to win prizes! Register for programs at active.illinois.edu or in the Active Illini mobile app. Once you have a "BINGO," email your marked board to campusrec@illinois.edu or turn it in to the ARC Member Services desk by midnight on 2/7.

B	I	N	G	O
Follow Campus Recreation on Facebook, Instagram, or Twitter	Take a tour of the ARC (ask at the Member Services desk)	Take a cycling or SPRINT class*	Take a BODYPUMP, Strength, or TRX class*	Climb at the ARC climbing wall
Sign up for an Instructional Cooking Class	Go skating at the Ice Arena	Attend a Personal Training session	Register for Illini Eats	Register for Orange & Blue Wellness Zone
Register for Get Fresh!	Sign up for a Fitness Orientation	FREE	Attend a Zumba class*	Visit the Campus Bike Center
Sign up for Intramural Activities	Complete a strength workout at the ARC	Take a Yoga or BODYFLOW class*	Complete a water/pool workout at the ARC	Complete a cardio workout at the ARC
Take a BODYATTACK or BODYCOMBAT class*	Complete a mile on the ARC indoor track	Check out employment opportunities at campusrec.illinois.edu/employment	Take a Pilates, Barre Above, or Core class*	Complete a physical activity (basketball, volleyball, badminton, etc.) in the ARC gyms

*All group fitness classes are FREE from 1/24-1/31. No group fitness pass required.

Campus Recreation makes every effort to be accessible to all abilities. If you need accommodations for our facilities or programs, please contact us at campusrec@illinois.edu.

