



**ESTABLISHED 2004**



**Join the fun at the Student Recreation & Wellness Center as we celebrate our 5 Year Anniversary!**

The doors of the Washburn University Student Recreation and Wellness Center (SRWC) opened in the fall of 2004. Since that time, over 450,000 visits have been made to the facility by students, faculty and staff. Please join us in celebrating the success of the SRWC by participating in the:

## **5 Year Anniversary Celebration**

### **Tuesday, November 17<sup>th</sup>, 2009**

- 6:30am-11:00pm**    **All Washburn Faculty and Staff are allowed to use the SRWC free of charge.**  
Faculty and staff must present their Washburn ID at the SRWC front desk.
- 6:30am-11:00pm**    **All current SRWC members may sponsor one guest (18 years or older) for free.**  
All guests must fill out a guest pass form and present photo identification at the SRWC front desk.
- 7:30am-8:00am**    **Campus Fun Run/Walk**  
Meet in the SRWC lobby. Run/Walk will begin promptly at 7:30am. The first 20 runners/walkers will receive a SRWC t-shirt.
- 12:00pm-1:30pm**    **Texas Hold'em**  
Meet in the SRWC Ichabod Room for a friendly game of Poker. A new table will be started every 15 minutes, or as soon as a minimum of 4 players can be identified. The first 20 players will receive SRWC t-shirts. Prizes will be awarded to the winner at each table.
- 12:30pm-1:00pm**    **Speedy Spin**  
Thirty minutes of a quick spin workout. Need to get in and out quick, this class is for you! Spinning is an intense indoor cycling activity that challenges the aerobic system while increasing muscular endurance. Class size is limited. Individuals can sign-up for group exercise classes 1 hour in advance.
- 1:00pm-1:30pm**    **Core Strength**  
Strengthen your abs and back using a variety of safe and effective exercises. Stretching is included. All abs are welcome.
- 4:00pm-8:00pm**    **Climb the Rock Wall**  
Individuals may climb or boulder under the supervision of a rock wall monitor. All tie-ins, knots and equipment checks will be made by rock wall monitors.
- 4:00pm-4:25pm**    **Core @ 4**  
Strengthen your abs and back using a variety of safe and effective exercises. Stretching is included. All abs are welcome.
- 6:00pm-7:00pm**    **Beginning Spin**  
Have you always wanted to take a spin class because you wondered what all the excitement is about? Come to this beginning spin class and learn all the fundamentals of spin. Bring a friend!
- 6:30pm-7:00pm**    **Amped Abs**  
Thirty minutes of strengthening, building, and sculpting your abdominal muscles. Get amped up for abs.