

FEBRUARY 2021 WELLNESS SCHEDULE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Please register using Mindbody to enroll for the events on campus.

Eligibility:
The following activities and classes will be available to all enrolled students who are permitted on campus for hybrid classes or on-campus residence and are tested weekly for COVID-19

ALL ACTIVITIES BEGIN WEEK OF FEBRUARY 8, 2021

2/15/21 5:00pm-7:30pm 1 vs 1 Badminton ATC				4:00PM-5:00PM Yoga Karen Shaddock CAP 8 Canavan		February 14 Free Throw shooting contest 4pm-6pm Canavan
2/22/21 5:00pm-7:30pm 1 vs 1 Badminton ATC	2/9/21 6:00pm-8:00pm Indoor Hockey Skills ATC	6:00PM-7:15PM Meditation Arik Zeevy, Virtual Class				February 21 H.O.R.S.E. Shorting contest 4pm-6pm Canavan
		6:00PM-7:00PM Dynamic Stretching John Kolibab, CAP 6 Racquetball Court	2/18/21 6:00pm-8:00pm Indoor Soccer Skills ATC			February 28 3-point shooting contest 4pm-6pm Canavan
		7:00PM-8:00PM Athleticism 101 John Kolibab, CAP 6 Racquetball Court				

ACTIVE DUCKS FITNESS INITIATIVE

Stevens Campus Recreation is kicking off the Spring 2021 semester with the 100 Point Challenge. Contact Brittney Carty at bcarty@stevens.edu with any questions.

Dates: The challenge will run from Monday, February 8th to Monday, March 29th.

All Stevens students, faculty and staff are encouraged to participate in the challenge. Participants can earn points for doing any type of physical activity using an activity app of your choosing. Participants must screenshot their workout including the workout type, date, and time duration.

30 minutes is equal to 1 point. Participants can only earn in increments of 1 point. To earn the 1 point you must work out for a full 30 minutes, you can't round up to reach the 30 minutes. Example: 30mins = 1pt, 1hr. = 2pts, less than 29mins = 0

All participants will be responsible for submitting their screenshots in **ONE** email by each Sunday to bcarty@stevens.edu. It is the responsibility of each student to become acquainted with and to uphold the ideals set forth in the Honor System Constitution.

Prizes for reaching the following points:

50 points

75 points

100 points

CLASS DESCRIPTIONS

Yoga:

Classes focus on releasing tension, connecting with the breath and helping students gain strength and flexibility. Gentle yoga uses classical hatha postures with slight variations to accommodate all levels of yoga students.

Athleticism 101:

This class will focus on developing explosive power and overall athleticism by focusing on biomechanical sequencing and fast twitch muscle development.

Dynamic Stretching: This class will be based around mobility and flexibility using techniques like dynamic stretching.