



RECREATION AND WELLNESS

AUGUST 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23 Block Party	24
25	26 Sunset Yoga	27	28	29 Academia Olympics	30	31

WEEK OF WELCOME



UNIVERSITY of
SOUTH FLORIDA
Student Success
Recreation & Wellness

Fall Fitness Center Hours
Monday-Friday 7am-9pm
Sat-Sun 10am-3pm


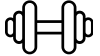

Block Party: 5pm-8pm
Courtyard

Sunset Yoga: 7pm-8pm
Student Center second floor
Terrace

Academia Olympics: 4pm-6pm
Student Center Ballroom

FOR QUESTIONS PLEASE CONTACT SAR-RECWELL@USF.EDU
OR TO REQUEST ACCOMMODATIONS, PLEASE CONTACT SAS-
SAR@USF.EDU

RECREATION AND WELLNESS SEPTEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Fitness Center Closed Labor Day	3	4	5	6	7
8	9 Yoga 	10	11	12	13	14
15	16	17 Mat Pilates 	18	19	20	21
22	23	24	25	26 Pickles and Pickleball 	27	28
29	30					



UNIVERSITY of
SOUTH FLORIDA
Student Success
Recreation & Wellness

Fall Fitness Center Hours

Mon-Fri 7am-9pm
Sat-Sun 10am-3pm

Yoga: 6pm-7pm Student
Center Ballroom A

Mat Pilates: 7:30am-8:30am
Student Center Ballroom A

Pickles and Pickleball: 4pm-
6pm Outdoor Rec Courts

FOR QUESTIONS PLEASE CONTACT SAR-RECWELL@USF.EDU
OR TO REQUEST ACCOMMODATIONS, PLEASE CONTACT SAS-
SAR@USF.EDU