

# "Wellness Week" Events

Prizes - Free Rec Center Access - Con-  
tests

**Oct 26-30**

## UA community:

- FREE Rec Center access
- Special membership pricing (non-students)

## The Pac-10 Fitness Challenge **Oct 26-30**

- The school that logs the **most physical activity minutes WINS**
- It's as simple as logging your activities at  
<http://pac10fitnesschallenge.wsu.edu/universityarizona/default.aspx>

## Prize wheel 3-7pm at the Rec\*

*\*Receive a prize when you register or log your minutes at the Rec.*

## Roxy Athletix Tour **October 26-27**

### **Prizes & give-aways:**

- Rec Center: Free yoga classes in the South Gym, 3-6 pm
- UA Mall: Obstacle course 10 am to 4 pm
- UA Mall: Free Pilates and cross training classes, 3-6 pm

For more info: visit <http://campusrec.arizona.edu>  
or call **621-8715**

**GO WILDCATS!**