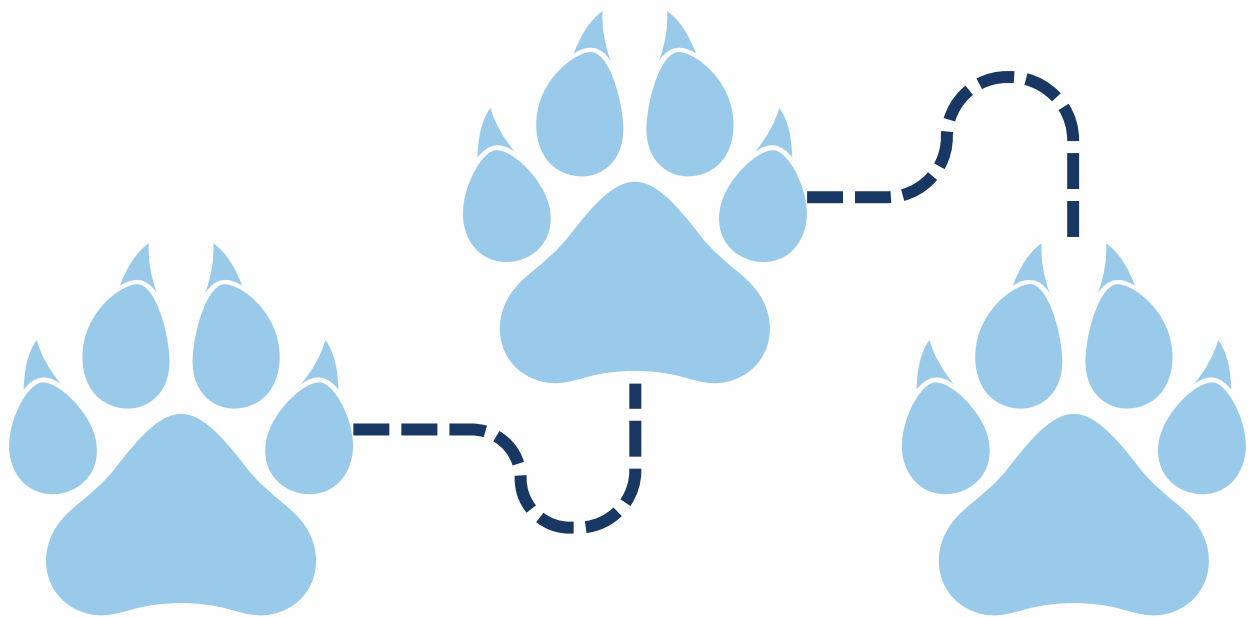


# NSOP AT DODGE

JOIN US ON THURSDAY, AUGUST 31  
AND FRIDAY, SEPTEMBER 1  
IN DODGE FITNESS CENTER



**MUST BRING CUID OR UNI TO ENTER**

**COLUMBIA**

**RECREATION**

# VINYASA YOGA

THURSDAY, AUGUST 31, 8 AM  
AEROBICS ROOM 3

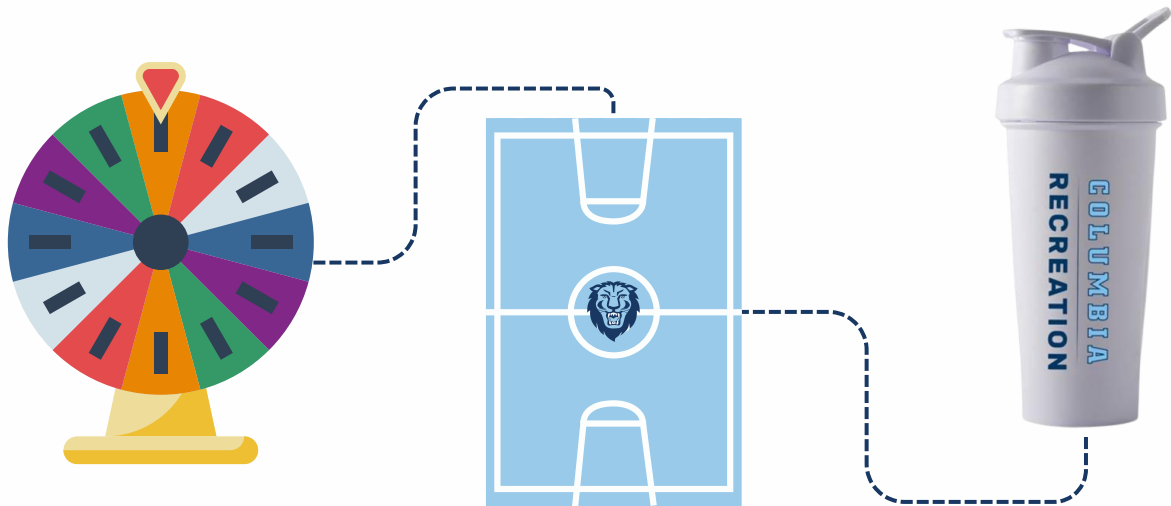


**CLASS IS FIRST COME, FIRST SERVE**

ALL PARTICIPANTS MUST HAVE A  
DODGE FITNESS CENTER MEMBERSHIP  
AND HAVE A CUID

# DODGE ACTIVITY TOUR

THURSDAY, AUGUST 31, 4 PM



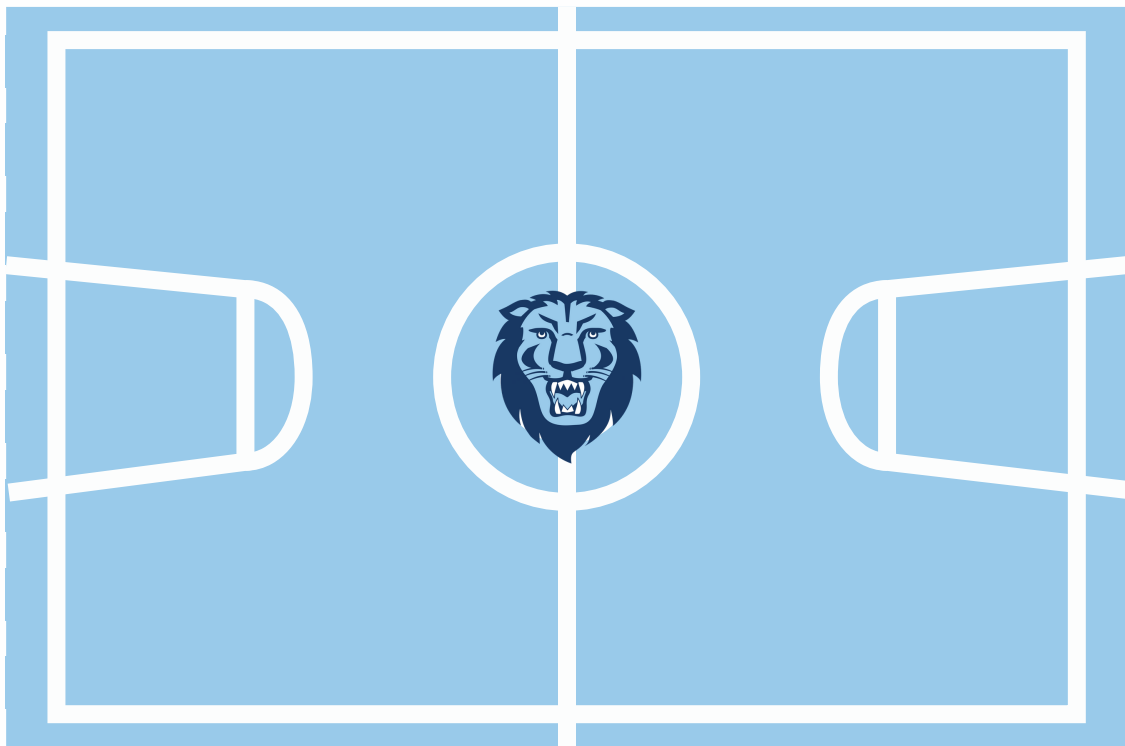
**TAKE A TOUR OF DODGE THROUGH  
GAMES, ACTIVITIES, AND PRIZES!**

THE FIRST 200 PEOPLE WHO COMPLETE AN  
ACTIVITY CARD WILL RECEIVE A FREE  
COLUMBIA RECREATION BLENDER BOTTLE!

*Not among the first 200 people?  
There will be raffles and prizes for participating!*

# INDOOR SPORTS

THURSDAY, AUGUST 31, 4 PM  
UNIVERSITY BLUE GYM



**BADMINTON, PICKLE BALL,  
INDOOR SOCCER**

PLEASE LIMIT GAME TIME AND BE  
RESPECTFUL OF OTHER PARTICIPANTS

# BARRELESS BARRE

FRIDAY, SEPTEMBER 1, 8 AM  
AEROBICS ROOM 3



**CLASS IS FIRST COME, FIRST SERVE**

ALL PARTICIPANTS MUST HAVE A  
DODGE FITNESS CENTER MEMBERSHIP  
AND HAVE A CUID

# KODIAK CAKES

FRIDAY, SEPTEMBER 1, 4 PM  
3RD FLOOR LOBBY



**GRAB A FREE SNACK WITH  
KODIAK CAKES!**

SNACKS POWERED BY PROTEIN AND RICH  
SOURCES OF CARBOHYDRATES AND  
FIBER!

*Supplies are limited*

# FUNCTIONAL FITNESS DEMO

FRIDAY, SEPTEMBER 1  
FUNCTIONAL FITNESS STUDIO



**4:00-4:10 PM**

**4:30-4:40 PM**

**5:00-5:10PM**

**5:30-5:40PM**

**6:00-6:10PM**

**6:30-6:40PM**

**DEMO CLASSES ARE  
FIRST COME, FIRST SERVE**

CLASSES WILL LAST 10 MINUTES  
PLEASE ARRIVE EARLY FOR CLASS SETUP

# INDOOR CYCLING DEMO

FRIDAY, SEPTEMBER 1  
INDOOR CYCLING STUDIO



**4:15-4:25 PM**

**4:45-4:55PM**

**5:15-5:25PM**

**5:45-5:55PM**

**6:15-6:25PM**

**6:45-6:55PM**

**DEMO CLASSES ARE  
FIRST COME, FIRST SERVE**

CLASSES WILL LAST 10 MINUTES  
PLEASE ARRIVE EARLY FOR BIKE SETUP



# **VOLLEYBALL TOURNAMENT**

**FRIDAY, SEPTEMBER 1, 7 PM  
LEVIEN GYMNASIUM**



**CHEER ON OUR VOLLEYBALL TEAM!**

**COLUMBIA VS. FORDHAM GAME  
STARTS AT 7 PM**