

CAMPUS REC FACULTY AND STAFF APPRECIATION DAYS

FREE WEEK AT FOSTER

JAN 8-12TH

6AM-8PM

ENJOY THE FOSTER REC
CENTER FOR FREE AND
INVITE A GUEST!

At the end of the week turn
your card in and the person
with the most visits will be
entered into a drawing for a
one hour massage

Visits are available every day. Please
check in at the Welcome Desk.

SPECIAL EVENTS

8TH - Biometrics in Lobby
11AM - 1PM

9TH - Climbing Wall, 11AM - 1PM / LOBBY
Chair Massage 11AM - 1PM / LOBBY
Yoga at 5:15PM / STUDIO A

10TH - NO ACTIVITIES DUE TO ALL STAFF
LUNCH

11TH - Climbing Wall, 11AM - 1PM /
LOWER LEVEL

CHAIR MASSAGE, 11AM - 12:30PM / LOBBY
Mix-It-Up at 12PM-12:50PM / STUDIO A

12TH - Biometrics, 11AM - 1PM / LOBBY
Yoga Fit, 12PM - 12:50PM / STUDIO A
Paddle Board 5:15PM / POOL