

February 2024 Go Move Opportunities for Participants!!!

Monday	Tuesday	Wednesday	Thursday	Friday
			1) First Day of the Challenge!!! Yoga Sculpt w/ Mia @RecPlex L01 (12:30 –1:30 p.m.) Open Track @ RecPlex (4:45 – midnight)	2) Open Play Basketball @ RecPlex (12:00 – 1:00 p.m.) Open Track @ RecPlex (4:45 - 9:00 p.m.)
5) Open Play Basketball @ RecPlex (12:00 – 1:00 p.m.) Open Track @ RecPlex (4:45 – midnight) Yoga w/ Jeannie @ RecPlex L01 (4:45 – 5:45 p.m.) Cardio Kick w/Sam @RecPlex L01 (6:15 pm – 7:15 pm)	6) Open Track @ RecPlex (4:45 – midnight) Yoga w/ Beth @ RecPlex L01 (12:00 – 1:00 p.m.)	7) Open Play Basketball @ RecPlex (12:00 – 1:00 p.m.) Open Track @ RecPlex (4:45 – midnight) Yoga w/Jeannie @RecPlex L01 (4:45 – 5:45 p.m.) Cardio Kick w/Sam @RecPlex L02 (5:00 pm – 6:00 pm)	8) Yoga Sculpt w/ Mia @ RecPlex L01 (12:30 – 1:30 p.m.) Open Track @ RecPlex (4:45 – midnight)	9) Open Play Basketball @ RecPlex (12:00 – 1:00 p.m.) Open Track @ RecPlex (4:45 - 9:00 p.m.)
12) Open Play Basketball @ RecPlex (12:00 – 1:00 p.m.) Open Track @ RecPlex (4:45 – midnight) Yoga w/ Jeannie @ RecPlex L01 (4:45 – 5:45 p.m.) Cardio Kick w/Sam @RecPlex L01 (6:15 pm – 7:15 pm)	13) Open Track @ RecPlex (4:45 – midnight) Yoga w/ Beth @ RecPlex L01 (12:00 – 1:00 p.m.)	14) Yoga w/Jeannie @ RecPlex L01 (4:45 – 5:45 p.m.) Cardio Kick w/Sam @RecPlex L02 (5:00 pm – 6:00 pm)	15) Yoga Sculpt w/ Mia @ RecPlex L01 (12:30 – 1:30 p.m.) Open Track @ RecPlex (4:45 – midnight)	16) Open Play Basketball @ RecPlex (12:00 – 1:00 p.m.) Open Track @ RecPlex (4:45 - 9:00 p.m.)
19) PRESIDENT’S DAY Open Play Basketball @ RecPlex (12:00 – 1:00 p.m.) Open Track @ RecPlex (4:45 – midnight)	20) Open Track @ RecPlex (4:45 – midnight) Yoga w/ Beth @ RecPlex L01 (12:00 – 1:00 p.m.)	21) Open Play Basketball @ RecPlex (12:00 – 1:00 p.m.) Open Track @ RecPlex (4:45 – midnight) Yoga w/Jeannie @RecPlex L01 (4:45 – 5:45 p.m.) Cardio Kick w/Sam @RecPlex L02 (5:00 pm – 6:00 pm)	22) Yoga Sculpt w/ Mia @ RecPlex L01 (12:30 – 1:30 p.m.) Open Track @ RecPlex (4:45 – midnight)	23) Open Play Basketball @ RecPlex (12:00 – 1:00 p.m.) Open Track @ RecPlex (4:45 - 9:00 p.m.)
26) Open Track @ RecPlex (4:45 – midnight) Yoga w/ Jeannie @ RecPlex L01 (4:45 – 5:45 p.m.) Cardio Kick w/Sam @RecPlex L01 (6:15 pm – 7:15 pm)	27) Open Track @ RecPlex (4:45 – midnight) Yoga w/ Beth @ RecPlex L01 (12:00 – 1:00 p.m.)	28) Open Play Basketball @ RecPlex (12:00 – 1:00 p.m.) Open Track @ RecPlex (4:45 – midnight) Yoga w/Jeannie @RecPlex L01 (4:45 – 5:45 p.m.) Cardio Kick w/Sam @RecPlex L02 (5:00 pm – 6:00 pm)	29) Yoga Sculpt w/ Mia @ RecPlex L01 (12:30 – 1:30 p.m.) Open Track @ RecPlex (4:45 – midnight) Last Day of the Challenge! Log your minutes!!! All activity MUST be logged by 11:59 pm	



We are calling all faculty and staff! Help Fairfield University win the annual Go Move Challenge by tracking your minutes of movement to determine which Jesuit institution is the most active.

How to Register

* Visit GoMoveChallenge.org * Click “LOG IN/REGISTER” * In the “Register” box, create a new account with your valid university e-mail, even if you played last year. Then click “SUBMIT.”

How to Play

* **MOVE!** Engage in **any intentional exercise** that causes a moderate increase in breathing or heart rate * Login with your e-mail address and password * Enter your movement activity in the “LOG MY WORKOUT” box. * Click “LOG IT” when finished

*** FITNESS CLASSES ARE BASED ON AVAILABILITY. PLEASE RESERVE YOUR SPOT BY CALLING 203-254-4141. REGISTRATION OPENS 24 HOURS BEFORE THE CLASS.**

*** A VALID FACULTY/STAFF STAG CARD IS REQUIRED TO GAIN ACCESS TO THE REC PLEX. A LIABILITY WAIVER MUST BE SIGNED AT THE RECEPTION DESK.**