



**National Recreational Sports and Fitness Day
Schedule of Events
February 22, 2006**

5:30 AM Groovin with Dubin

(Group Fitness Class)

A great opportunity to participate in a Group Fitness Class led by News 2's Joe Dubin. Come enjoy a class with Joe and receive a t-shirt and water bottle.

7:00 AM Jump Rope and Abs

(Group Fitness Class)

A fusion of high energy and easy jump roping followed by an awesome abs workout. Great music and a great way to get in shape!

10:00 AM Convo program with Coach Steve Watterson

(Curb Event Center)

One of the top strength and rehabilitation experts in the NFL, Steve Watterson is in his 20th season as the Titans' strength and conditioning coach. In 2002, Watterson was awarded the Presidents Award from the Professional Football Strength and Coaches Society for his contributions to the field of strength and conditioning.

Come and enjoy one of the NFL's best give a presentation about the benefit of living a healthy lifestyle!

11:30 AM – 1:00 PM Faculty/Staff Fitness Assessment

(Beaman Center Meeting Rooms)

Belmont Faculty/Staff will have an opportunity to come in and take an online fitness test and have a brief consultation with a Beaman Center Fitness Trainer. Each participant will receive a gift bag, compliments of United Healthcare.

11:30 BLT

(Group Fitness Class)

Butt, Legs, and Thighs

12:00 PM Indoor Cycling (GFR)

(Group Fitness Class)

A 45-minute cardiovascular conditioning workout, which utilizes a bike for an outdoor riding experience!

12:00 PM Body Sculpt (Rec Gym)

(Group Fitness Class)

This is a strength training class that builds bone density and gives you a total body workout.

4:00 PM 3 on 3 Basketball Tournament

(Campus Recreation)

Put together a team and participate in an 3 on 3 basketball tournament and show off your basketball skills!

5:00 PM Flow Yoga

(Group Fitness Class)

This Yoga is a fast-paced, intense style of yoga which will give you all the benefits of a good workout!

6:00 PM Indoor Cycling

(Group Fitness Class)

A 45-minute cardiovascular conditioning workout, which utilizes a bike for an outdoor riding experience!

7:00 Awesome Abs

(Group Fitness Class)

This 15-minute class focuses solely on the abdominals. If you're looking to tone and define your abdominals, this is the class for you!

7:30 20/20/20

(Group Fitness Class)

Incorporates 20 minutes of jumping rope, 20 minutes of strength training, and 20 minutes of abdominal work.