End of the Year Items

Finals Week: The Mathy Center will have reduced hours during finals week. A complete list of hours may be found on our website.

Shut Down Week: The Mathy Center shut down week will be May 10-17 this year. During shut down week, the facility undergoes some annual maintenance and other facility projects. Summer hours and group fitness classes will begin on Monday, May 18.

FOR MORE INFORMATION VISIT US ONLINE!

Rec Sports Highlights

Did you know that Viterbo offers a bike rental program? Student Government Association, and Recreational Sports partnered up to create the Bike VU bicycle rental program. Here at the Mathy Center there are two bikes that are available to be checked out. Upon checking out a bike you will also be given a helmet, and a lock and key to be returned with the bike. The bikes can be rented out to all students and employees for $5. Guests accompanying a Viterbo student or employee can rent a bike for $8. Bike rentals are for one day at a time. A rental day is from 7:00 a.m. until 6:00 p.m. during week days, 10:00 a.m. until 6:00 p.m. on Saturdays, and 2:00 p.m. until 8:00 p.m. on Sundays. Bikes may be picked up the evening prior to the rental day after 6:00 p.m. for no additional charge. Come see us to rent one of the bikes and explore the city of La Crosse!

Schedule of Events

April 14
- Health Fair 2:00-6:00 pm

April 16
- Glow in the Dark Bean Bag Tournament @ 7:15pm

April 18
- Hogwild Softball Tournament

April 19-25
- Rec Pass Double Punches Week

May 1
- REC PASSES DUE @ NOON

May 4-8
- NOON Group Fitness Only

May 6
- Mathy Center Open 6am-7pm

May 7
- Mathy Center Open 6am-5pm

May 8
- Mathy Center Open 6am-5pm

May 9
- Mathy Center Open 8am-4pm

May 10-17
- Shutdown Week

May 18
- Summer Hours Begin!
Upcoming Special Events

Glow in the Dark Bean Bags
**Date:** Thursday, April 16
- There is no pre-registration required for this event. Participants may just show up at Western's gym located off the corner of Main and 7th street. The gym is located in the Administration building.
- Check in begins at 6:30 pm and games begin at 7 pm.
- It is a double elimination.
- All Viterbo and Western students and staff are eligible to participate.
- **FREE EVENT!**

Bean Bag intramurals will be cancelled this night so that all participants may participate in the tournament.

Hogwild Softball Tournament
**Date:** Saturday, April 18
- All Viterbo, Western, and UW-L students may participate.
- All registrations are done using a paper brochure, no registrations are submitted online. (Brochures may be found online or at the front desk.)
- $10 per team (cash or check only! Checks may be made out to Viterbo Rec Sports)
- Registrations are due by the end of the day on Thursday, April 16
- Questions: Contact Josh, Amanda or Tiara, intramural@westerntc.edu or 785-9443

Duck and Dodge College Championship (Dodgeball Tournament)
**Date:** Sunday, April 19
- This event is a joint project between the UW-L Rec Dept and a UW-L academic class and all Viterbo, Western, and UW-L students may participate.
- The entry fee is $20 (Cash only)
- Teams must complete the registration packet found on the Intramural bulletin board or in the blue binder at the front desk.
- Teams may turn in their forms at the Mathy Center Front Desk or the UW-L Rec Info Counter.

Thank You REC-Y’s for another great year! Best Wishes!
Lift of the Month—Bent Over Barbell Rows

Bent Over Barbell Rows are much like regular rows except that you’re bent over until the torso is parallel to the floor. Make note to try and keep your head, neck, and spine in a nice straight line. You will hold the bar with palms facing in and pull the bar up towards your chest, rather than into your belly button. Because you’re in this position, you’ll need a lighter weight for this move.

Setting Up:
1. With feet about hip-distance apart and hands a bit wider than shoulders on the bar, bend forward at the waist until your torso is parallel to the floor. Keep the shoulders back, the knees slightly bent and the abs tight.

Performing the Exercise:
1. Bend the elbows and contract the back to pull the weight up towards the chest.
2. Bring the elbows just past the torso and squeeze the back. You want to act as you are pinching your shoulder blades together.
3. Lower down and repeat for 1-3 sets of 8-12 reps.

Tips:
Be sure your abs are engaged. If this hurts your back try adjusting your position.

Group Fitness

Are you interested in participating in group fitness classes this summer? Classes are offered here at the Mathy Center throughout the summer.

When: May 18th-August 21st
Cost: $30 per month, $75 for the whole summer.
All patrons must pay before attending summer group fitness classes. Classes are held in the multipurpose room.

*Classes are subject to changes. Stay tuned for updates

**SPRING 2015—GROUP FITNESS SCHEDULE**

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<thead>
<tr>
<th></th>
<th>MON</th>
<th>TUES</th>
<th>WEDNES</th>
<th>THURS</th>
<th>FRI</th>
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<tbody>
<tr>
<td>6:45AM</td>
<td>Rise &amp; Shine Yoga</td>
<td>Tone n’ Tighten*</td>
<td>Tone n’ Tighten*</td>
<td>Pilates</td>
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<tr>
<td>NOON</td>
<td>Total Strength</td>
<td>Pilates</td>
<td>Total Strength</td>
<td>Yoga</td>
<td>Total Strength</td>
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<tr>
<td>5:30PM</td>
<td></td>
<td></td>
<td>Kettlebells</td>
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<tr>
<td>6:00PM</td>
<td>Kick &amp; Lift</td>
<td>Yoga Flow</td>
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<tr>
<td>6:30PM</td>
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<td></td>
<td>Butts n’ Guts*</td>
<td>Butts n’ Guts*</td>
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<tr>
<td>7:00PM</td>
<td>Yoga</td>
<td>Zumba</td>
<td>Yoga</td>
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*30 minute classes
Tips From the Trainer—Spring Cleaning Your Workout

As we start to transition into one of the nicest times of the year, have you thought about spicing up your workout? Even a small change to what you are currently doing can go miles on the road to your success.

Here are 10 different ways that you can make your workout more effective:

1.) When it is nice outside, take your workout outside. You can do so much with your surroundings and body weight training is a nice transitional exercise if you have been resistance training.

2.) Add some new strength training into the mix. If you have always been interested in trying a new lift, why not give it a try? Just make sure you have read up on it and can perform the right form correctly.

3.) Change your intervals. It can get boring after a while if you continue doing the same interval routine. This way you can get into better shape.

4.) Change up the duration. If your used to long duration exercises, try doing shorter duration exercises at a higher intensity.

5.) Try a different time. Not a morning person? Switch your workout to an afternoon time to see if you find more benefits.

6.) Mix it up with intramural sports. Instead of just secluding yourself to just the fitness center, try to use intramurals as alternative workout.

7.) Give a few new classes a whirl. There are many group fitness classes available that might present a new challenge for you to overcome.

8.) Set a challenge with a race. If you want to run a 5K later in the year, begin challenging yourself to train in preparation.

9.) Commit to a friend. Have a workout buddy around to push you farther than you thought.

10.) Hire a personal trainer. They can help you strive for more and be a motivating factor.

REC Pass Submission Time!

To fill a "Rec Pass" an individual will need to participate in various Rec Sports programs- formal and informal. Once an activity is completed the individual will receive a punch or two to their card, depending on the activity, from the Mathy Center staff. When a "Rec Pass" is full, the individual needs to turn it into the Mathy Center and he or she will receive a prize.

If you run out of "Rec Passes," you may receive another two for an addition $1. The passes can be purchased at the Mathy Center front desk.

Remaining Double Punches
Week: April 19-April 25

Turn in all your REC Pass cards, even if they are not completed, for a chance to win the annual prize!

PRIZE:
If Student name drawn = Rec Sports Sweatshirt
If Staff name drawn = Noon Group Fitness Pass
All passes are to be turned in to the Mathy Center front desk by May 1, 2014 at 12 p.m. for an end of the year drawing.
WE’RE ON THE WEB

www.viterbo.edu/RECSPORTS

Director’s Corner

As the academic year comes to a close, I would like to thank everyone for their continued patronage to the Mathy Center and participation in recreational sports programs. We are here to provide you, the patrons, with an opportunity to participate in university recreation. I hope that you have enjoyed the variety of program offering this year.

I would like to thank Krista, our fitness/wellness intern for the past two years. She has become part of our community and has left an everlasting impression on the department. She will be missed. I would like to wish her well as she heads off to The Ohio State for graduate school. If you see her, please wish her well.

While taking care of business over these last few weeks of the year, don’t forget about your health and wellbeing. Exercise is a great stress reliever, aids in focus as well as helps with memory! For those who will be in the area over the summer, we will still be here as well. The Mathy Center will be open for the locals and summer die-hards. So be sure to check out the summer hours and programming. For those of you who will be heading away for the summer, travel safely and we’ll see you when you return.

Stay active and enjoy the rest of your semester!

Marci Kuhrt
Director, Recreational Sports

Rec-Y of the Month—Sam Bronkhorst

Dream Vacation Location: Maui

If you could meet a famous person, dead or alive, who would it be and why? Amelia Earhart—I’d want to know what happened to her

If you were stranded on a dessert island, name 5 things you’d take with you? Water filter, food, tent for shelter, another person so I won’t go insane, weapon or knife to protect myself.

If you could guest star on a TV series (cancelled or still running) what would it be, and who would you play? Psych; just an extra but they always seem to have fun and they make awesome references

What would you do with a million dollars? pay my parents’ bills, my bills, my brothers bills, and get a couple of things (house, car, pool), the rest would go to charities

Major: Criminal Justice
Favorite Food: Spaghetti
Favorite Class/Subject: Sociology

WE’re ON THE WEB

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