**What’s New**

Occurring on campus throughout the summer months.

~**STAR Registration** will be taking place in June. Incoming freshman students will be able to take a look around campus, see what services are offered, and register for classes.

~ July 6-10 is **Private Colleges Week**. Students will learn about admission processes and tour academic buildings and residence halls. It is designed to highlight the advantages of going to one of 20 private colleges in Wisconsin.

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**The Mathy Center will begin summer hours, Monday, May 18th.**

Mondays through Thursday open 6:00 a.m.-6:00 p.m.

Fridays from 6 a.m.-4 p.m.

The Mathy Center will be closed on Memorial Day.

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**Summer Events in the Community**

~ Watch a **Loggers baseball game**! For a complete schedule visit www.lacrosseloggers.com

~ **June Dairy Days** June 5—7. Rides, games, parade, music, Big Wheel races and fireworks. www.junedairydays.com

~ **Freedom Fest**. Held to honor our veterans on June 18 at UW-L. Phillip Phillips and The Remainders performing!

~ **La Crosse Interstate Fair** July 15-19. Live entertainment for all ages, food, rides, games, races, and much more! Held at the fairgrounds in West Salem.

~ **The YMCA hosts Got Energy Triathlon** at Lake Neshonoc, West Salem, Wisconsin on June 14, starting at 7 a.m.

~ **River Fest**! July 1-4. Live music, entertainment, crafts, and more! Fun for all ages. Located at Riverside Park in La Crosse. Dustin Lynch performing! www.riverfestlacrosse.com

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**FOR MORE INFORMATION VISIT US ONLINE!**

*Full facility access over the summer months.

Noon Basketball Pass—$2 per day

*Guest must be accompanied by Viterbo member, the sponsor, for the duration of their visit.

*Only one guest per member per visit.

**All guests must be 18 years of age or older**

Alumni Day Pass—$5 per day

In addition to the option of purchasing an alumni membership, alumni are now permitted to purchase a day pass.

To purchase a pass, alum will need to show a valid alumni association card at the time of visit and pass purchase.
Get Outside this Summer!

Summer is a great time of year in Wisconsin to experience different outdoor opportunities that are not available all year round. Whether you are looking to spend quality time with family and friends, or get in a good workout—Here are some great summer activities! The amount of calories burned per hour is also included.

Mountain Biking - 527 Calories
Beach Volleyball - 496 Calories
Flag Football - 496 Calories
Rollerblading - 434 Calories
Soccer - 434 Calories
Hiking - 372 Calories
Kayaking - 310 Calories
Badminton - 248 Calories

Never taken an opportunity to hike the bluffs here in La Crosse?
To access the trail head you can either walk or bike to Myric park where a trail will lead you past the gun shelter to the trail head.

Another option is to drive down La Crosse Street, turn left on Losey Blvd. Then take Bluff Pass Road on the right to the trail head and parking lot!

Eating Local

Farmer’s Markets will start to show up at many local La Crosse parks! After a long, cold winter the chance to have locally grown food available to add to meals is irresistible.

Local food supports the local economy. The money that is spent with local farmers and growers all stays close to home and is reinvested with businesses in your community.

Local food benefits the environment. By purchasing locally grown foods you help maintain farmland and green and/or open space in your community.

Local foods promote a safer food supply. The more steps between you and your food’s source the more chances for contamination.

Food grown in distant locations has the potential for food safety issues at harvesting, washing, shipping and distribution.

Local growers can tell you how the food was grown. You can ask what practices they use to raise and harvest the crops. When you know where your food comes from and who grew it, you know a lot more about that food.

La Crosse market info can be found at:
http://www.cityoflacrosse.org/

Summer Exercise: Staying Cool in the Heat

Take it slow. If you’re used to exercising indoors or in cooler weather, take it easy at first. As your body adapts to the heat, gradually increase the length and intensity of your workouts.

Drink plenty of fluids. Your body’s ability to sweat and cool down depends on adequate rehydration. Drink plenty of water while you’re working out - even if you don’t feel thirsty!

Dress appropriately. Lightweight, loose fitting clothing promotes sweat evaporation and cooling by letting more air pass over your body. Avoid dark colors, which can absorb the heat.

Avoid midday sun. Exercise in the morning or evening - when it’s likely to be cooler outdoors - rather than the middle of the day. If possible, exercise in the shade or in a pool.

Wear sunscreen. Sunburn decreases your body’s ability to cool itself.

Have a backup plan. If you’re concerned about the heat or humidity, stay indoors. Find an air-conditioned building!
Tips from the Trainer: Go Back to the Playground!

When the weather is not too hot and humid, break out of your traditional fitness center this summer by going back to the fun you had in grade school! Many structures within the City of La Crosse and surrounding areas are available for some functional fitness alternatives. Stadium stairs, monkey bars, climbing obstacles, swings, and park benches are all great tools to create a new and exciting work out outside! You can target your upper body, lower body, core, and cardiovascular system all while having fun! These work outs will allow some variety and the enjoyment of being outside!

**Workout #1:**
- **Cardio:** Stair climbing or running stairs—5 to 15 minutes
- **Lower body:** Single leg squat—stand sideways on a step with one foot off. Lower the hanging foot to a lower stair and press up with the foot on the step! - 2 to 3 sets of 6 to 8 on each leg!
- **Upper body:** Monkey bars! Use them for pull ups or work on traveling across.
- **Core:** Hold a plank with feet elevated on a swing! This really increases the amount of core muscles required!

**Workout #2:**
- **Cardio:** Run through the playground! Jump, run, crawl!
- **Lower body:** Step ups with bench! Find a park bench to work those quads! Make sure you are not pushing off the ground but through the elevated foot!
- **Upper body:** Bench Dips! Hands on the bench, elbows bending behind, pushing through heel of the hand!
- **Core:** Hanging leg lifts from the monkey bars! Legs straight or knees bent.

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**Summer Group Fitness**

**When:** May 18—August 28
- Monday—Friday at NOON

**How much:** $30 per month or $75 for the summer

*All participants must pay to attend classes over the summer.

**What Classes Are Available?**
- **Month 1:** May 18—June 19
  - Monday: Total Strength
  - Tuesday: Pilates
  - Wednesday: Total Strength
  - Thursday: Yoga
  - Friday: Total Strength

- **Month 2:** June 22—July 24
  - Monday: Total Strength

- **Month 3:** July 27—August 28
  - Monday: Total Strength

**Where:** Classes are in the multi-purpose room in the Mathy Center. Register at the front desk.

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**Class Descriptions**

**Total Strength:** Total strength is an hour long class that will give you a full-body workout. Each activity will help you build muscle endurance and strength. Classes will incorporate hand weights, exercise balls, bands, and body weight. This is open to all ability level!

**Pilates:** Pilates is a system of muscular strength and flexibility conditioning. This class will challenge the spin in flexion, extension, and (especially) in the neutral position, adding arm and leg movements to help overload the core muscles as well as stimulate improvements.

**Yoga:** In general, yoga is a spiritual practice or discipline that helps the individual unify his/her body, mind and heart. Yoga offers a unique combination of meditation and breathing. The techniques introduced in this class will clear the mind, build energy and endurance, and challenge participants.
Students—have work study hours? Want to work in a active and fun environment? Join the Rec Sports Staff! Pick up an application at the Mathy Center front desk to apply.

NFL Pick ‘Em begins. Be sure to sign up on yahoo.com through our website and indicate who you think is going to win each football game.

September 8
Regular Group Fitness classes begin

September 18
Intramural Final Registration Help Station is 5:00-8:00 p.m. at the Mathy Center.
Intramural Fall season one registration deadline is 8:00 p.m. League play begins September 8.

September 20-26
Rec Pass Double Punches Week

September 21-25
Healthy Living Week. Schedule will be available early September on the Rec Sports website.

Have a safe and healthy summer!

Marci Kuhrt
Director of Recreational Sports