

CASE and Fitness Recreation






All events are free with a student ID or \$5.00 without

CASE & FITNESS RECREATION EVENTS

170 HOURS OF ACTIVITY EVERY WEEK

ALL EVENTS ARE FREE WITH A STUDENT ID OR \$5.00 WITHOUT

CHECK US OUT ONLINE BY [CLICKING HERE!](#)
 QUESTIONS CAN BE DIRECTED TO: FITNESS.RECREATION@UWSP.EDU OR CASE@UWSP.EDU


Start Date	Start Time	Event Title	Location
1/22/2024	10:00 AM	Pointers Week - January 22 - 27	Mutliple Locations - see list
1/27/2024	9:00 PM	Pointers After Dark: Cozy Gaming Night	Throughout the DUC
1/30/2024	6:00 PM	RSO Spring Re-Recognition	The Theater, Dreyfus University Center
1/31/2024	6:30 PM	DIY Zen Gardens	The Encore, DUC
2/2/2024	11:00 AM	Spring RSO Re-Recognition	The Theater, Dreyfus University Center
2/2/2024	8:00 PM	Trivia	The Encore, DUC

Location	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Allen Fitness Center Allen Center	10AM – 9PM	6:15AM – 10PM	6:15AM – 10PM	6:15AM – 10PM	6:15AM – 10PM	6:15AM – 8PM	9AM – 5PM
Open Swim MCCH Aqua. Center <i>Ends May 2nd</i>	7PM – 9:30PM	11AM – 1PM 7PM – 9:30PM	11AM – 1PM 7PM – 9:30PM	11AM – 1PM 7PM – 9:30PM	11AM – 1PM 7PM – 9:30PM	CLOSED	CLOSED
Open Climb MCCH, MAC <i>Ends May 9th</i>	Open Climb 6PM – 9PM	Member Climb \$ 6PM – 9PM	Member Climb \$ 6PM – 7:30PM Open Climb 7:30PM – 9PM	Member Climb \$ 6PM – 9PM	Open Climb 6PM – 9PM		
Group Exercise Allen Center <i>Starts 1/28/24</i>	HIIT Cardio 6PM – 6:45PM	Yoga 8AM – 8:45AM Strengthen & Tone 10:30AM – 11:15AM Glutes & Abs 6PM – 6:45PM Cycling 6:15PM – 7PM Hot Hip Hop 7PM – 7:45PM	Yoga 5PM – 5:45PM Pilates 6PM – 6:45PM Hot Hip Hop 7PM – 7:45PM Aquafit 7:15PM – 8PM	Yoga 8AM – 8:45AM Cycling 11:30AM – 12:15PM Kickboxing 6PM – 6:45PM Pilates 7PM – 7:45PM	Pilates 8AM – 8:45AM Dance Fusion 4:15PM – 5PM Glutes & Abs 5:15PM – 6:45PM		
Intramurals MCCH (MAC, Quandt) <i>Block ends Mar 7th</i>	Volleyball 6PM – 10PM	Volleyball 6PM – 10PM	Spikeball Table Tennis 6PM – 10PM Soccer 6PM – 10PM Pickleball 9AM – 11AM	D2 Basketball 6:30PM-11PM	D1 Basketball Coed Basketball Badminton Bag Toss 6PM-11PM		
Open Gym Skyward FH <i>Ends May 10th</i>		8AM – 1PM	8AM – 1PM	8AM – 1PM	8AM – 1PM	8AM – 1PM	