HEAR YE, HEAR YE!

Get Your Climb On!
Harness up, tie-in and prepare to start climbing again! The Climbing Program will have its Grand Re-opening on Monday, March 11th at the Rams Head Climbing Wall. Visit campusrec.unc.edu/climbing. Additional details coming soon!

Facility Hours and Closures
During Spring Break, all facilities will close at 7pm on Friday, March 8th and will operate on Break Hours from March 9th – 17th. For the Spring Holiday, all facilities will be closed on Friday, March 29th and will operate on Break Hours from March 30th-31st. Visit campusrec.unc.edu/hours-of-operation for the most accurate facility hours.

Employee Interest Meetings
Interested in joining the Campus Rec team? Don't miss your chance to pick up an application and hear more about available positions for the upcoming semesters. Meetings will be held in Fetzer Hall 109 on March 19th and 20th at 5:30pm. Students must attend one of the interest meetings in order to receive an application.

Reaching for Excellence
Join us on Wednesday, March 27th for legendary runner and motivational speaker Dick Beardsley. He is guaranteed to energize you, and have you leave this event knowing that anything is possible, despite any road block! This FREE event will take place in the Carolina Union Auditorium at 5:30p. RSVP is required. Visit campusrec.unc.edu/special-events for more information.

Relay for Life
Join Campus Recreation's Relay for Life team and help fight cancer! Raise $100 for this outstanding cause and receive a free t-shirt. For more information on how you can get involved, visit campusrec.unc.edu/relay!

EXPERIENCE ADVENTURE

March Expeditions
There are still spots available on our March expeditions! Cost includes food, transportation and equipment. For more information, visit campusrec.unc.edu/expeditions. Don't miss your chance to experience an adventure of a lifetime with the Outdoor Education Center:
- March 3, Climb Pilot Mountain ($50)
- March 22 – 24, Mount Rogers Backpacking ($100)

CAMPUS REC FACT OF THE MONTH

We have partnered with Fleet Feet and NIKE for CAMPUS RUN. Every Tuesday evening at 6pm, runners of all abilities meet in front of Rams Head Rec Center for a jog around campus. Freebies are given to attendees afterwards!

IM SPORTS

Last Chance!
Sign up today for Primetime Basketball and Street Hockey! Registration closes on March 5th.

March Sports
Registration opens in March:
- NCAA Basketball
- Spikeball
- Golf Tournament
- Sand Volleyball
- Co-Rec Kickball
- Badminton Doubles
The Body Beautiful Project
Campus Rec is celebrating self-acceptance! We have launched a new initiative focused on encouraging the UNC University community to enjoy the body they have, and to celebrate social, physical, and mental well-being. Keep your eyes peeled for inspirational stories on our blog, Tar Heel Tone Up, as well as interactive social media campaigns focused on loving yourself as you are!

Camille Mcgirt Redefines “Beauty”
Subscribe to Tar Heel Tone Up, Campus Rec’s blog. One of this month’s featured posts focuses on Camille Mcgirt, who is highlighted on our Body Beautiful Project posters. Her inspirational story will challenge you to change the definition of “beauty”. Here’s an excerpt from Camille’s story:

“As a young girl I grew to stand up as a 6’4” woman. Growing up I was often teased and ridiculed about my height. By playing sports, participating in enrichment programs and having several women in my life that have served as positive role models, I have been able to achieve unparalleled success. While in college, I’ve participated in Division I athletics, interned at the White House and on Capitol Hill...” [Read Camille's whole story at tarheeltoneup.com.]

FITNESS PROGRAM BULLETIN
Commit Today 5K
Back by popular demand, registration is now open for this 5K training program. Beginner runners will turn into 5K veterans in just 6 weeks! The cost is $15 and includes a t-shirt. Are you an experienced runner? Volunteers are still needed to help lead the groups! For more information, including how to register for this program, visit campusrec.unc.edu/fitness-programs.

H.I.I.T. with BOSU & TRX Suspension Training
Spice up your weekly workout routine with one of our Specialty Fitness Programs! H.I.I.T with BOSU focuses on High Intensity Interval Training (H.I.I.T.) exercises, which are proven to be the most effective way to see results. TRX Suspension Training improves power, strength and calorie expenditure. Registration closes March 22nd. Make sure to register early – these classes fill up quickly! For more info. on either of these, including cost, how to register and class schedules, visit campusrec.unc.edu/fitness-programs.

Fit Campus
Win prizes for working out in Campus Rec facilities! Simply register at fitcampus.com, log at least 2.5 hours of exercise per week, and be eligible to win weekly prizes. One lucky participant will win the Grand Prize---one free plane ticket to you destination of choice. Start logging your workout today!

Break & Holiday Group X Classes Schedules
During Spring Break (March 8th - 17th) and Spring Holiday (March 29th - 31st), the regular Group Fitness and Cycle Class Schedules will be modified. View those schedules at campusrec.unc.edu/group-fitness-classes.

*NEW* Indoor Cycling Policy
Due to the popularity of our Cycle Classes, Campus Rec has established a new Indoor Cycling Policy to ensure your experience is more enjoyable. Cycle Passes are now required in order to gain access into the Cycle Room. Visit campusrec.unc.edu/group-fitness-classes for more information on this new policy.