

**From:** UVM Campus Recreation

**Sent:** Monday, March 23, 2020 8:00:49 AM (UTC-05:00) Eastern Time (US & Canada)

**Subject:** Campus Recreation Updates: Live group fitness, esports, and more!



PLAY HARD. GET FIT. LIVE WELL. GET INVOLVED.

## Dear UVM Community,

We miss you! Being in social isolation can be a strain mentally, physically, emotionally, and spiritually. Staying fit and active is one of the best ways to build and maintain a robust immune system and to stay healthy. Campus Recreation staff have been working diligently to create alternative ways for you to stick with your exercise routine, try something new, or play in a new way.

We are committed to being your UVM community resource for recreation, fitness, wellness, and play and are working daily on different ways for you to move your body. Stay tuned in to our [Campus Recreation COVID-19 webpage](#) and social media channels for continuously updated information and links to our evolving/new programs and services.

Be Well!

*Campus Recreation Staff*

### ESPORTS!

Intramural Sports will be sponsoring various gaming tournaments for the remainder of the semester. Do you have a suggestion for games you would like to see featured? [Take our survey](#). Find more information [here](#).

### Trivia Tuesday

Join UVM Intramural Sports for Trivia Tuesdays! We will feature a different genre each week. All participants can play along. Look for more information soon about start



date and how to join via our social media platforms and [website](#)!



### Group Fitness

Beginning this week (the week of March 23), the fitness team will be live streaming 2-3 classes per day Monday-Friday. No equipment needed! Live classes allow you to “see” each other and workout together. You will be able to join in on video or stay hidden as you work out at home. Miss a class? Don’t worry. These classes will also be recorded and posted online so that you can work out around your own schedule. Check our [live schedule](#) for the classes and links to stream. For information on other virtual workout opportunities, check out our [Let’s Move page](#).

We are posting information daily on all of our social media channels. Follow us for all of the updates:



Visit our website