

JANUARY 15, 2026

NEW YEAR NEW YOU



be positive, be healthy, be active, be well, be you

Employee Open House
11 a.m. - 1:30 p.m.

Student Programming
5 - 8:30 p.m.

Sample GroupEx and F45
classes, fitness assessments,
IM Sports, Climbing Wall,
Esports, and fun games!



Complete the scavenger hunt
to win fun prizes or receive a
free blender bottle!



WESTERN MICHIGAN UNIVERSITY
University Recreation