

SUMMER 2019 CALENDAR OF EVENTS

May/June 2019				
Monday	Tuesday	Wednesday	Thursday	Friday
May 27	Classes Begin May 28	May 29	May 30	May 31
	Total Body -5:45 p.m. HPE Dance Studio	Kickboxing -4:30 p.m. Body Sculpt -5:15 p.m. Zumba -6:00 p.m. HPE Dance Studio	Yoga -5:30 p.m. HPE Dance Studio	
June 3	4	5	6	7
Barre -5:30 p.m. Zumba -6:30 p.m. HPE Dance Studio Take your Best Shot Photo Contest 6/3-6/14. Submit your best LSUS related photo! Rules: cannot be a professional photographer and must have taken the photo yourself. The SAB will pick a winner to receive an LSUS backpack! Submit to SABatLSUS on Facebook .	Total Body -5:45 p.m. HPE Dance Studio	Kickboxing -4:30 p.m. Body Sculpt -5:15 p.m. Zumba -6:00 p.m. HPE Dance Studio	Yoga -5:30 p.m. HPE Dance Studio	Fun Fact Friday! A LSUS related question trivia will be posted to SABatLSUS on Facebook , and the first student to comment with the correct answer will win a prize!
10	11	12	13	14
Barre -5:30 p.m. Yoga -6:15 p.m. HPE Dance Studio	Total Body -5:45 p.m. HPE Dance Studio	Kickboxing -4:30 p.m. Body Sculpt -5:15 p.m. Zumba -6:00 p.m. HPE Dance Studio	Yoga -5:30 p.m. HPE Dance Studio	American Red Cross Adult CPR/AED/First Aid Certification 1:30 – 4 p.m. UC Student Org Lounge \$25 for LSUS students *Sign-up in the UC Office by 11 a.m. on 6/14.
17	18	19	20	21
Barre -5:30 p.m. Zumba -6:30 p.m. HPE Dance Studio	Total Body -5:45 p.m. HPE Dance Studio	Canoe/Stand Up Paddleboard Excursion & Picnic Lunch 10 a.m. Bickham Dickson Lake *Sign-up by 4 p.m. on 6/18. Kickboxing -4:30 p.m. Body Sculpt -5:15 p.m. Zumba -6:00 p.m. HPE Dance Studio	Yoga -5:30 p.m. HPE Dance Studio	LSUS Freshman Orientation Fun Fact Friday! A LSUS related question trivia will be posted to SABatLSUS on Facebook , and the first student to comment with the correct answer will win a prize!
24	25	26	27	28
Barre -5:30 p.m. Zumba -6:30 p.m. HPE Dance Studio	Total Body -5:45 p.m. HPE Dance Studio	Kickboxing -4:30 p.m. Body Sculpt -5:15 p.m. Zumba -6:00 p.m. HPE Dance Studio	Yoga -5:30 p.m. HPE Dance Studio	

SUMMER 2019 CALENDAR OF EVENTS

July 2019				
Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	Campus Closed 4	5
<p>Barre-5:30 p.m. Zumba-6:30 p.m. HPE Dance Studio</p>	<p>Total Body-5:45 p.m. HPE Dance Studio</p>	<p>Celebration of International Chocolate Day All Day Chocolate will be delivered to classes</p>	<p>*NO FITNESS CLASSES</p>	<p>Fun Fact Friday! A LSUS related question trivia will be posted to SABatLSUS on Facebook, and the first student to comment with the correct answer will win a prize!</p>
8	9	10	11	12
<p>Barre-5:30 p.m. Zumba-6:30 p.m. HPE Dance Studio</p>	<p>Free Ice Cream and Sno Cones 10 a.m. – 12 p.m. UC Lobby</p> <p>Total Body-5:45 p.m. HPE Dance Studio</p>	<p>Kickboxing-4:30 p.m. Body Sculpt-5:15 p.m. Zumba-6:00 p.m. HPE Dance Studio</p>	<p>Yoga-5:30 p.m. HPE Dance Studio</p>	
15	16	17	18	19
<p>Summer Boomerang Contest Post your best summer-themed boomerang on your Insta story and tag @SAB_LSUS. Followers can vote and the submission with the most votes after July 25th will win an LSUS backpack.</p> <p>Barre-5:30 p.m. Zumba-6:30 p.m. HPE Dance Studio</p>	<p>Total Body-5:45 p.m. HPE Dance Studio</p>	<p>Kickboxing-4:30 p.m. Body Sculpt-5:15 p.m. Zumba-6:00 p.m. HPE Dance Studio</p>	<p>American Red Cross Adult CPR/AED/First Aid Certification 1:30 – 4 p.m. UC Student Org Lounge \$25 for LSUS students *Sign-up in the UC Office by 11 a.m. on 7/18.</p> <p>Yoga-5:30 p.m. HPE Dance Studio</p>	<p>Fun Fact Friday! A LSUS related question trivia will be posted to SABatLSUS on Facebook, and the first student to comment with the correct answer will win a prize!</p>
22	23	24	25	26
<p>Barre-5:30 p.m. Zumba-6:30 p.m. HPE Dance Studio</p>	<p>Canoe/Stand Up Paddleboard Excursion & Picnic Lunch 10 a.m. Bickham Dickson Lake *Sign-up by 4 p.m. on 7/22.</p> <p>Total Body-5:45 p.m. HPE Dance Studio</p>	<p>Kickboxing-4:30 p.m. Body Sculpt-5:15 p.m. Zumba-6:00 p.m. HPE Dance Studio</p>	<p>Yoga-5:30 p.m. HPE Dance Studio</p>	<p>LSUS Freshman Orientation</p>