<table>
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| CHILL OUT                                      | Learn a technique that can be used anywhere to help relieve the stress of the day.  
February 28 and May 2, 4 - 4:30 p.m.  
April 11 and 25, 1 - 1:30  
(Studio B, Sarkeys Fitness Center) |
| CLIMB ON!                                      | Curious about the climbing wall? Join us to learn basics of climbing and bouldering.  
February 23, March 9 and 30, 4 - 5 p.m.  
(Climbing Wall, Sarkeys Fitness Center) |
| ESSENTIALS TO STRENGTH TRAINING               | Learn how to build muscle and strength using free weights, bars, kettlebells, and medicine balls.  
February 7 and March 7, 7:30 - 8:30 p.m.  
(Front Desk, Sarkeys Fitness Center) |
| FULL PLATE LIVING                             | Full Plate Living offers a simple, fun and tasty way to eat healthier and learn to prepare whole, fresh food.  
Tuesdays, February 6 - March 27, 4:30 - 5:30 p.m.  
Mondays, February 26 - April 23, Noon - 1 p.m.  
Must sign-up in advance: fitrec@ou.edu  
(Front Desk, Sarkeys Fitness Center) |
| FULL PLATE LIVING, MINI SESSION: FIBER - THE SECRET WEAPON | Learn about fiber, what foods have it, and why it is important for weight loss and overall health.  
January 5, Noon - 12:45 p.m.  
(Front Desk, Sarkeys Fitness Center) |
| FULL PLATE LIVING, MINI SESSION: EATING A FULL PLATE ON CAMPUS | Learn how to select filling, high-fiber foods that support weight loss and healthy eating on campus.  
January 16, Noon - 12:45 p.m.  
(Front Desk, Sarkeys Fitness Center) |
| HEARTZONES TRAINING                           | Learn how to use our new heart rate based training program to maximize your results.  
January 17, 24, 31, 7:15 - 7:45 a.m.  
January 18, 23, Noon - 12:30 p.m.  
January 18, 24, 25 and February 1, 5 - 5:30 p.m.  
(Studio A, Sarkeys Fitness Center) |
| HANDS-ONLY CPR                                 | In this class, learn how and when to perform hands-only CPR.  
February 8 and 19, 6 - 6:30 p.m.  
March 26 and April 24, Noon - 12:30 p.m.  
(Front Desk, Sarkeys Fitness Center) |
| IMPROVE YOUR INBODY SCORES                    | Dive deeper into what the InBody scores indicate and discuss tips and tools to improve those scores.  
January 23, 27, 6:30-7:30 p.m.  
February 6, 4:30 - 5 p.m.  
March 2, noon - 1 p.m.  
(Front Desk, Sarkeys Fitness Center) |
| SPRING CLIMBING COMPETITION                   | Indoor rock climbing competition event. Open to all skill levels.  
April 6, 4 - 10 p.m. (TBD)  
(Climbing Wall, Sarkeys Fitness Center) |
| STRIDES                                       | Join a 30 minute guided campus walk that incorporates strength training.  
March 19 - April 25, Mon. and Wed. Meet at 11:45 a.m.  
(Research Campus, 5PP)  
March 20 - April 26, Tues. and Thurs. Meet at 11:45 a.m.  
(OMU, East Entrance) |
| TRX 101                                       | Learn suspension training basics for a total body workout.  
January 24 and 31, February 7, 4 - 4:30 p.m.  
(Studio A, Sarkeys Fitness Center) |
| WEIGHT TRAINING BASICS                        | Learn the basics of using Nautilus machines.  
January 27 and February 10, 10:30 - 11:30 a.m.  
(Front Desk, Sarkeys Fitness Center) |

For more information or to register, visit ou.edu/far or call the front desk of the Sarkeys Fitness Center at (405) 325-3053.

The University of Oklahoma is an equal opportunity institution, www.ou.edu/eoo. For accommodations on the basis of disability, call (405) 325-3053.