March/April Updates

Fitness Center Announcements:

Outdoor adventure Program:

Club Sports:

- Men’s Rugby:
  - March 26th 7’s tournament: 10:00 am at University of Northern Colorado
  - April 2nd Regis vs Colorado College: 11:00 am at Regis
  - April 9th 7’s Tournament: 10:00 at Colorado State University
  - April 13th Regis Vs Colorado College: 6pm at CC
  For more information visit Regisrugby.com

- Men’s Lacrosse
  - April 2: at Fort Lewis
  - April 3: At University of New Mexico
  - April 10: Men’s lax away game at Wyoming 1pm
  - April 15: Men’s lax home game at St. Mary’s Kansas 5pm
  - April 23: Men’s lax home game at Mines 4pm

- Women’s Rugby
  - April 3: Tournament from 10am – 4pm at Regis

You don’t have to be in the Gym to get exercise!
Top calorie burning outdoor activities:

- **Hiking**
  - Improve cardiovascular fitness, strengthens legs
  - Burns up to 400 calories per hour

- **Cycling**
  - Improve cardiovascular fitness, strengthens legs
  - Burns 500-700 calories per hour depending on speed and terrain

- **Rollerblading**
  - Great leg work out while being kind to you knees
  - Burns 816 calories per hour

- **Swimming**
  - Great Full body strength and cardio work out that’s easy on your joints
  - Burns 400-750 Calories per hour depending on stroke and intensity