

OCTOBER

THIS MONTH AT THE REC

Recurring Events:

- Walk the Line Wednesday**
11:00 AM - 2:00 PM | 10/9, 10/23 | SRC West Lawn
- Women Rock**
3:00 PM - 6:00 PM | 10/2, 10/16 | The Rock
- Mind-Body Yoga**
12:15 - 1:00 PM | Every Wednesday | Wellness Suite
- Group Fit: Cardio | Mind & Body | Strength | Cycling**
Mon - Fri | See schedule on csub.edu/campusrec/group-fit



WED
2

- Knots to Know**
11:00 AM - 1:00 PM | The Rock

THU
3

- Belay Clinic**
4:00 PM - 5:00 PM | The Rock

FRI
4

- Adult & Pediatric First Aid/CPR/AED Certification Blended Learning Course***
5:00 PM - 7:30 PM | SRC Solario
S/M: \$70 | NM: \$80

SAT
5

- Bridge to Nowhere Bungee Jumping***
4:00 AM - 8:00 PM | La Verne, CA
S: \$100 | M: \$135

MON
7

- Twister Competition - All Week**
10/7 - 10/18 | RW Open Hours | The Rock
- Season 2 Registration for Intramural Sports**
Opens at 6:00 AM on imleagues.com

TUE
8

- Push-Up Contest**
6:00 AM - 11:00 PM | Fit Tower
- Shout-A-Route**
1:00 PM - 7:00 PM | The Rock

WED
9

- Craft Time: Keychains**
2:00 PM - 4:00 PM | Wellness Suite
- Outdoor Yoga Night**
6:30 PM - 8:00 PM | SRC Field

THU
10

- Pedal & Plant Group Ride**
12:30 PM - 2:00 PM | Meet in SRC Lobby
- Lead Clinic**
4:00 PM - 5:00 PM | The Rock

SAT
12

- Santa Barbara Sea Kayaking***
7:00 AM - 6:00 PM | Santa Barbara, CA
S: \$60 | M: \$80

SUN
13

- Challenge Course Student Session***
10:00 AM - 1:00 PM | Challenge Course
S: \$15 | M: \$20

TUE
15

- Mountains of the World: Spain, Basque Country, and Germany**
11:00 AM - 8:00 PM | The Rock

WED
16

- Orienteering Clinic**
11:00 AM - 1:00 PM | SRC North Lawn

THU
17

- Crate Stacking Night**
4:00 PM - 8:00 PM | The Rock

FRI
18

- Anza Borrego Camping & Caving***
11:00 AM departure Friday, 10/18
7:00 PM return Sunday, 10/20
Anza Borrego State Park | S: \$70 | M: \$90

MON
21

- Bring a Buddy to Group Fit | All Week**
10/21 - 10/25 | Earn 2x points when you bring a friend to a GF Class!

TUE
22

- Soccer Free Agent Play Day**
6:00 PM - 7:30 PM | SRC Field

WED
23

- Climbing Series: Boulder Competition | Wed-Fri**
10/23 - 10/25 | RW Open Hours | The Rock
- Craft Time: Origami**
2:00 PM - 4:00 PM | Wellness Suite
- Weightlifting Workshop: Intro to Squat**
6:00 PM - 7:00 PM | Sierra Studio & Platforms
- 3 on 3 Basketball Free Agent Play Day**
6:00 PM - 7:30 PM | SRC Gym Court 2

THU
24

- 4x4 Volleyball Free Agent Play Day**
6:00 PM - 7:30 PM | SRC Gym Court 2

SAT
26

- Cambria Monarch Butterfly Observation Hike***
7:00 AM - 6:00 PM | Cambria, CA
S: \$15 | M: \$20

TUE
29

- Trader Joe's Trick-Or-Treat Group Ride**
12:30 PM - 2:00 PM | Meet in SRC Lobby

WED
30

- Slackline and Hammock Setup**
11:00 AM - 1:00 PM | SRC West Lawn
- Scary Rec Night: Glow-in-the-Dark Dance Class, Pumpkin Patch Scavenger Hunt, Zombie Climb**
8:00 PM - 11:00 PM | SRC

THU
31

- Belay Clinic**
4:00 PM - 5:00 PM | The Rock
- Costume Dodgeball**
4:00 PM - 6:00 PM | SRC Gym Court 3

*Register via recstore.csub.edu or the SRC Front Desk
S: Student | M: Member | NM: Non Member