

May

2022

Eastern Connecticut State University Intramurals & Recreation Fitness Class Calendar

Hey all! May means that we are coming up on the final week to get your IM/Rec activities in until the fall!

*Checkout @ecs_u_Intramurals for up to date activities!!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			27	28	29	30
1	2 Barre 5:30-6:30pm Sports Center D.S IMVB/Open Gym 8-11pm Sports Center Gym IMWB/IMSoc 9-11pm @ the Turf	3 IMVB/Open Gym Sports Center Gym 8-11pm	4 Zumba! 6-7pm On Campus Tennis Courts HIIT 7-8pm Sports Center D.S IMWB/IMSoc TURF 8-11pm IMVB/Open Gym S.C Gym 8-11pm	5 Open Gym Sports Center Gym 8-11pm	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

All fitness classes are free to Eastern students, faculty & staff. Participants must bring a valid Eastern ID to all programs. Masks are needed at all events.

Division of Athletics | Division of Student Affairs

- May 2nd** – Barre. 5:30-6:30 in the Sports Center Dance Studio
Intramural Volleyball 8-11pm in the Sports Center Gym
Open Gym 8-11pm in the Sports Center Gym
Intramural Wiffleball. 9-11pm at the Mansfield Athletic Complex Turf
Intramural Soccer. 9-11pm at the Mansfield Athletic Complex Turf
- May 3rd** – Intramural Volleyball 8-11pm in the Sports Center Gym
Open Gym 8-11pm in the Sports Center Gym
- May 4th** – Zumba 6-7pm at the Tennis Courts by the Parking Garages
HIIT Class 7-8pm in the Sports Center Dance Studio
Intramural Volleyball 8-11pm in the Sports Center Gym
Open Gym 8-11pm in the Sports Center Gym
Intramural Wiffleball 8-11pm at the Mansfield Athletic Complex Turf
Intramural Soccer 8-11pm at the Mansfield Athletic Complex Turf
- May 5th** - Open Gym 8-11pm in the Sports Center Gym

All activities can be postponed due to inclement weather.