

CAMPUS RECREATION

DISTANCE CHALLENGE

UNC

APRIL

28 *	29	30	31	1 EVENT STARTS!	2	3
4	5 ————— 7 * MILE CHALLENGE			8	9	10
11 *	12	13 * RUNNING PHOTO CHALLENGE			16	17
18	19 *	20 FURTHEST DISTANCE			23	24 OP TRAIL RUNNING
25	26	27 * FINISH STRONG		29	30	1

FITWELL PROGRAMS *

SUNDAY, 3/28 (5:15PM) - GRACE - STRETCH & CORE: FOR RUNNERS (ALREADY IN-PERSON AND ON ZOOM)

WEDNESDAY, 4/7 (5:15PM) - BRY - HUMPDAY HUSTLE: FOR RUNNERS

SUNDAY, 4/11 - HALEY (11:00AM) - BEGINNER YOGA: FOR RUNNERS

TUESDAY & THURSDAY, 4/13 & 4/15 (6:30PM) - ALEX - "GLOW" YOGA SCULPT

MONDAY, 4/19 (6:15AM) - LIZ - CYCLE DISTANCE CHALLENGE

TUESDAY, 4/27 (6:15AM) - MIGUEL - STRICTLY STRENGTH: FOR RUNNERS

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