



HAWK FIT

FALL FITNESS CLASSES

MONDAYS

Zumba
5:30 – 6:30pm
Starts: 9/9
Ends: 11/18

Salsa 7:00 – 8:00pm Starts: 9/9 Ends: 11/18	Mambo 8:00 – 9:00pm Starts: 9/9 Ends: 11/18
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TUESDAYS

Gentle Yoga
12:15pm – 1:15pm
Starts: 9/10
Ends: 10/1

Vinyasa Yoga 5:15 – 6:15pm Starts: 9/10 Ends: 11/19	Strength/Toning 6:30 – 7:30pm Starts: 9/11 Ends: 11/20
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WEDNESDAYS

Self Defence
6:30 – 7:30pm
Starts: 9/18
Ends: 10/9

Vinyasa Yoga 5:15 – 6:15pm Starts: 9/11 Ends: 11/20	Strength/Toning 8:00 – 9:00pm Starts: 9/11 Ends: 11/20
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THURSDAYS

Zumba 5:00 – 6:00pm Starts: 9/12 Ends: 11/21	Vinyasa Yoga 6:15 – 7:15pm Starts: 9/12 Ends: 11/21
Aqua Zumba* 6:15 – 7:15pm Starts: 9/12 Ends: 10/3	Strength/Toning 7:30 – 8:30pm Starts: 9/12 Ends: 11/21

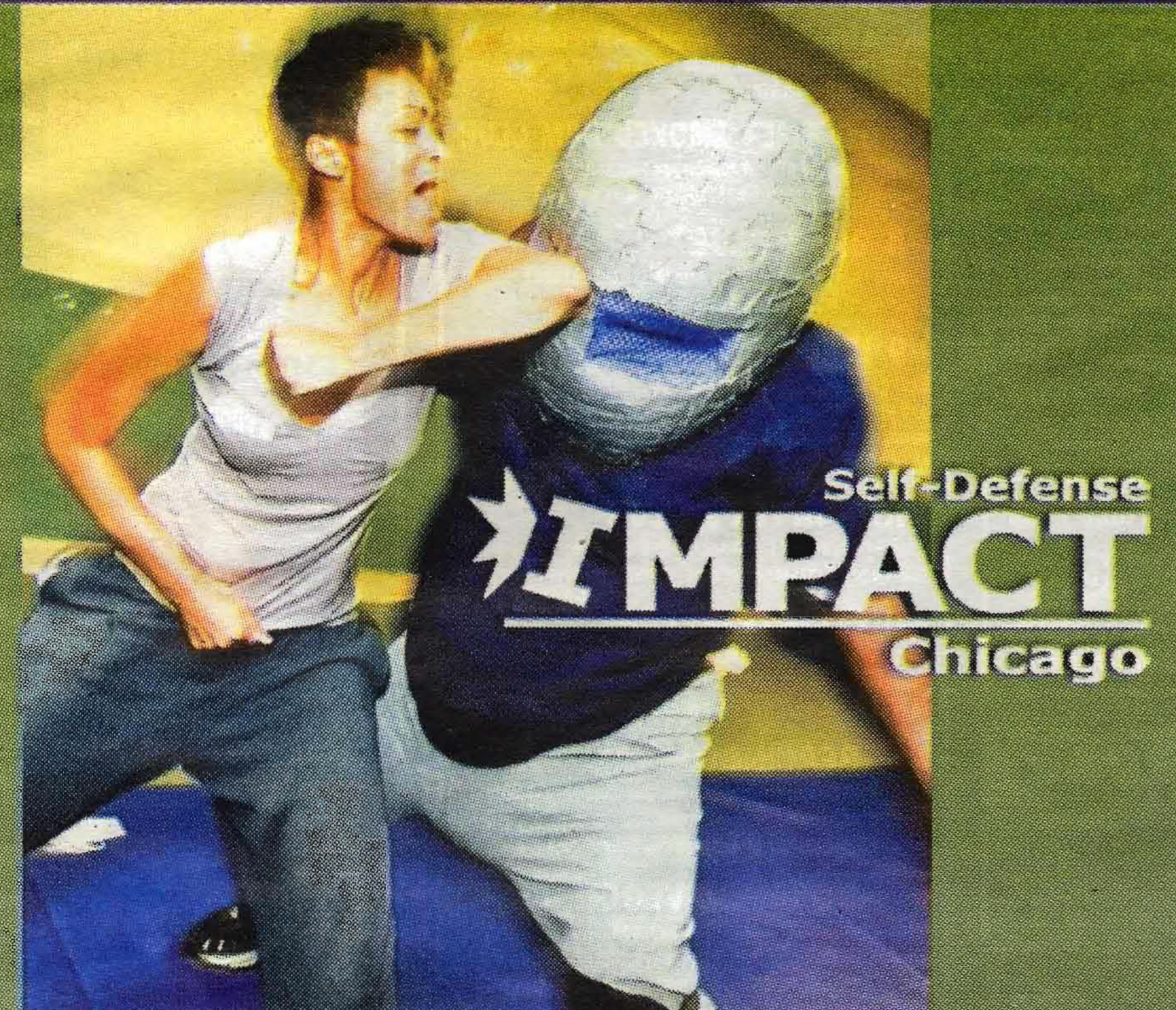
*Class held in Pool.

<http://www.facebook.com/IITIntramuralsandRec>
<https://twitter.com/TalonTheHawk>
www.illinoistechathletics.com

No previous experience is necessary to participate. Please wear workout attire. All classes are offered in Keating Sports Center. Please see our website for class descriptions.

*Class Held in POOL

YOU CAN DO THIS:



RSVP at www.tinyurl.com/selfdefense2013



Homecoming starts next Monday!

September 23 - Mask & Cape Making Party @ 1 pm
in MTCC Welcome Center

September 24 - Trivia Day @ 1 on MTCC Bridge

September 25 - Superman Ice Cream with Campus Life @ 11 am
in the Campus Life suite

September 25 - Movie Night at 6 pm
in MTCC Auditorium

September 27 - Show Your Spirit @ 1 pm
on the MTCC Bridge

September 28 - Homecoming Carnival @ 12 pm
between MTCC and MSV

ILLINOIS INSTITUTE OF TECHNOLOGY
Office of Campus Life

South Metropolitan Higher Education Consortium presents

THE 4TH ANNUAL SUSTAINABILITY CONFERENCE SUSTAINABILITY CONNECTS US ALL

Including **Breakout Sessions** • **General Sessions** • **Speakers** • **Tours** • **Community of Peers**

Join us through a variety of workshops and presentations to discover how sustainability has the power to connect us all. The format of this year's conference will give attendees the opportunity to hear about many new topics! All presentations will focus on their connection to jobs. The conference is geared towards students, senior administrators, faculty and staff from information technology, operations, workforce development, marketing, and student services.

Friday, October 18, 2013 • Hermann Hall • 8am-3:30pm

RSVP: <http://tinyurl.com/smhec>

Brought to you by IIT Sustainability
Questions can be sent to: info@southmetroed.org

Spring Cleaning including Electronic Waste

FALL ALL DAY
October 24-25 Open to the community on October 26

laptops • computers • tablets • televisions • cellphones • printers • monitors
DVD players • video game consoles • scanners • computer mice
fax machines • keyboards • scrap metal • wood • furniture
If you're not sure if an item can be recycled, bring it anyways!

DROP OFF LOCATIONS:

All drop off locations are outdoors unless otherwise specified

E1 • Back Hallway (North Exit)	Perlstein • North of Building
MTCC • North Dock	LSR • "Gun Room" (by roll-up door)
Hermann Hall • North Dock	Galvin • Northwest Dock
Stuart • Left of Entry (Indoors)	Keating • East Stairs
Tower • West Lobby (Indoors)	MSV • Dock (north of main entrance)

It is the responsibility of the parties dropping off electronics to ensure that they have removed and wiped clean all personal information from the devices. IIT will not be undertaking such efforts and assumes no liability for the disclosure of any personal information left on devices that are dropped off.