Go Move - Get Active!

Calling all CU Students, Faculty & Staff! Come get ACTIVE at this fun Go Move Event to support the Go Move Challenge where we are taking on 18 Jesuit schools to see who can be the most active!

Gather your co-workers and departments, student groups and friends and join us in the KFC, to have some fun and lots of laughter, get out of the cold and take a break to be active. Help us represent Creighton well in the Go Move Challenge!

What: FREE physical activity event to get everyone at Creighton MOVING!

When: Wednesday, Feb. 8, 2017 from 11:30 AM – 1:30 PM

Where: Kiewit Fitness Center Courts

Schedule of Events

11:30 AM
Dodgeball - Court E (on-going)
Basketball Knockout & Horse Starts - Court C (on-going)
Group Fitness Classes - Court A
  11:30 - 11:55 AM Body Weight Blast
  12:10 - 12:35 PM Cycling (multipurpose room)
  12:35 - 12:55 PM Yoga
  1:00 – 1:25 PM Barre

12:00 NOON
GROUP PHOTO on Court A (Wear your Creighton Blue!)

12:10 PM
Group Walk- KFC track

Faculty & Staff: Go Move T-shirts can be picked up at Go Move Get Active Event check in desk!*  
*only those that registered for the Go Move Challenge before Jan. 27 will get a t-shirt*

Make sure you are signed up for the Go Move Challenge so your minutes of physical activity count towards Creighton’s total:

Employee Sign Up Link: https://www.surveymonkey.com/r/2ZW7V59
Questions: wellness@creighton.edu

Student Sign Up Link: http://www.studentsgomovechallenge.org/
Questions: swestin@creighton.edu