

# UNIVERSITY OF HOUSTON-DOWNTOWN

# WELCOME WEEK

SPRING 2021

## TUESDAY, 01/19

All Day

Online Scavenger Hunt

All Day

Social Media Push-Up  
Challenge

**10:00am-2:00pm**

Spring Semester Care Packages  
Distribution

**11:00am-11:30am**

Fitness Demo Class  
& Q/A Session All Abs

**12:00pm-12:30pm**

Fitness Demo Class  
& Q/A Session HIIT

**1:00pm-2:30pm**

Center for Diversity and Inclusion  
Info Session

**2:00pm-3:00pm**

"Sports Chat" with Club Officers &  
"FitChat" with Personal Trainers

**3:00pm**

Writing & Reading Center  
Student Tips & Strategies Workshop

**4:00pm-4:30pm**

Fitness Demo Class  
& Q/A Session Yoga

For more information:  
**UHD Calendar of Events**

## WEDNESDAY, 01/20

All Day

Online Scavenger Hunt

All Day

Social Media Sit-Up Challenge

**11:00am-11:30am**

Fitness Demo class  
& Q/A Session Pilates

**12:00pm-12:30pm**

Fitness Demo Class

& Q/A Session Zumba Toning

**12:00pm-1:00pm**

GatorAID: Give a Tip, Take a Tip -  
Getting Through Tough Times  
and Staying Motivated

**2:00pm-3:00pm**

UHD Council of Organizations  
Meeting and Open House

**2:00pm-3:00pm**

"FitChat" with Personal Trainers &  
"Sports Chat" with Club Officers

**2:30pm-4:00pm**

Inauguration Speak Out

**4:00pm-4:30pm**

Fitness Demo Class  
& Q/A Session Zumba

**6:00pm**

Supplemental Instruction  
Steam Gaming Night

**6:30pm-7:30pm**

CDI Info Session

## THURSDAY, 01/21

All Day

Online Scavenger Hunt

All Day

Social Media Active Challenge

**11:00am-11:30am**

Fitness Demo Class  
& Q/A Session All Abs

**12:00pm-12:30pm**

Fitness Demo Class  
& Q/A Session HIIT

**12:00pm-1:00pm**

GatorAID: Give a Tip, Take a Tip -  
Dealing with Distractions  
and Reclaiming Your Focus

**2:00pm-3:00pm**

"FitChat" with Personal Trainers &  
"Sports Chat" with Club Officers

**3:00pm-4:00pm**

Main Career Center Virtual Mixer:  
Hang Out with Your Career Coach

**4:00pm-4:30pm**

Fitness Demo Class  
& Q/A Session Yoga

**7:00pm**

Esports Interest Meeting

## FRIDAY, 01/22

All Day

Social Media Gator Pride Friday

**12:00pm-1:30pm**

Inauguration Speak Out

**2:30pm-4:00pm**

CDI Info Session

**7:00pm-10:00pm**

UHD Drive-In Movie



## SATURDAY, 01/23

**1:00pm**

UHD Food Fair:  
Drive-Thru Food Fair open to  
Faculty, Staff, and Students

**UHD**

University of Houston  
DOWNTOWN