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
6:00pm
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

University of Houston Downtown