

McDonald's coupon below

Come see the Houston Hurricanes demonstrate Quad Rugby Tuesday February, 4.

Wednesday 5:15-6:15pm

**281 Rec Center** 

and how to change your weight.

questions about how many calories we should eat each da

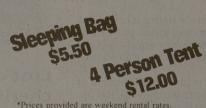
Feature Program







Inspect Some New Ways To Add a little Adventure to Your Weekend Trip Or Retreat!





## 12 OW TCH SOFTBALL

Round up a softball team or come over to the Rec Center and let us find you a team through our Free Agent program. For more information call Member Services at 845-7826.

> **Registration closes tomorrow!** Don't miss your turn at bat.

Intramural Re	gistration	Dates
Sport	Registration	Fee
Pre-Season Outdoor Soccer	Jan. 27-Feb. 4	\$10
Outdoor Soccer	Jan. 27-Feb. 4	\$35
Slow Pitch Softball	Jan. 27-Feb. 4	\$35
Pre-Season Softball	Jan. 27-Feb. 4	\$10
Valentine's Day Run	Feb. 3-11	free
Slam Dunk Contest	Feb. 3-11	free
Handball	Feb. 3-11	\$5
Racquetball	Feb. 3-11	free
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Classes begin Feb. 3 and meet Mon & Wed. at 6:30-7:30 p.m. in room 303 Rec Center.

French Fries and Chicken McNuggets Available All Day

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**6** piece McNuggets 99¢ 9 piece McNuggets \$1.59 20 piece McNuggets \$2.99

Miss the old days of dance team practice and dance studio classes? Then come join

us at Rec Sports for a fun and exciting

workout!



Also Available as an Extra Value Meal

No Coupon Necessary! Valid until Cash value

College Stati rn about pol lice Departm lice Academy The program every Tuesd olice Academy s of the crimi eration betwe John Holder, p rthe city of Col he history of the instructor and member of Dan rovide an overv Arts Society, Erin McTasney, duce communic

with police office Tues. & Thurs "By a variet 6:45pm-7:45p ruction to role their actual 1

ood look at older said. Lt. Scott Sim tment said p stic disputes, erative motor

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earn self-defense as well as physical Conditioning with Rec Sports' Korean American Taekwondo. Training include development of balance, speed, agilit rhythm, muscular strength, and endurance.

Feb. 4-March 6

Get a five week pass for only

Workout with tap, jazz, & balk