Welcome Back!

THE FALL 2023 SEMESTER HAS COMMENCED

Welcome back! As Fall 2023 begins, we’re not just diving into academics, but into a journey of well-being and growth. Amidst the pursuit of knowledge, let’s not forget the importance of self-care. As we immerse ourselves in books and discussions, let’s also make time for recreation and well-being. Whether it’s a walk in the crisp autumn air, a yoga session to rejuvenate the mind, or simply finding solace in a good book, remember that our well-being fuels our success.

Challenges will arise, but together, we can support one another. Let’s embrace challenges, fuel our passions, and prioritize our mental health. As we gather in classrooms to exchange ideas, let’s remember: we’re not just here to learn, but to ignite a spark that will light our futures and ensure our well-being. Here’s to a semester of growth, discovery, and shared success, both academically and personally!
Labor Day isn’t just a day off; it’s a celebration of the power of pausing. Amidst the hustle and bustle of collegiate life, taking a breather isn’t just a luxury; it’s a necessity. So, gather your friends, your roommates, or simply your thoughts, and bask in the glory of a well-deserved break.

Labor Day
MONDAY, SEPTEMBER 4TH, 2023

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Beat the Stampede: 1-Mile Race
Kunz Stadium, UB North Campus
Saturday, September 23rd, 2023

Register:
https://runsignup.com/Race/NY/Buffalo/BeattheStampede

Get Ready
SIGN-UP FOR INTRAMURAL sports

COME OUT & PLAY!

ONLY $95

REGISTER BY 11:59 PM ON 9/13/23

A FUN OPPORTUNITY TO GET OUT, PLAY AND MAKE NEW FRIENDS!

LEAGUES:
- Flag Football
- Basketball
- Volleyball
- Indoor Soccer
- Outdoor Soccer

MORE INFORMATION: BUFFALO.EDU/RECREATION

RECREATIONAL & COMPETITIVE LEAGUES
Get Your UB Bulls Gear On

READY TO ROCK YOUR SCHOOL SPIRIT? HERE’S WHY YOU SHOULD SWING BY THE BULLS TEAM SHOP THIS SEMESTER:

#1. Stylish Swag: Top-Quality Athletic Apparel. Upgrade your game with awesome athletic wear from big names like Nike and New Era. T-shirts, shorts, sweatpants, and more – we’ve got your back, literally.

#2. Accessory Heaven: Hats, Bags, Bottles, & More. Complete your look with cool accessories. From hats to water bottles, we’ve got the extras that’ll turn heads.

#3. Time Convenience: Shopping Hours to Suit You. No worries about timing! Open Monday to Saturday with various slots, including game days. Shopping just got easier.

#4. Home Advantage: Feel the UB Bulls Spirit. Alumni Arena isn’t just a place; it’s a vibe. Get your gear and join the electric atmosphere at games – be part of the action!

#5. Campus Swagger: Show Your UB Bulls Love. Sport your gear all over campus. Let your outfits speak your passion and pep up fellow students. Spread the UB Bulls pride!

Get pumped, Bulls fans! The Bulls Team Shop is your go-to spot this semester. Grab your gear, rock your style, and rep your UB Bulls like never before!
FITNESS CLASSES
Elevate your well-being through invigorating options designed to inspire, challenge, and unite.

This semester, we will be offering unique fitness classes, taking place at Alumni Arena on North Campus. Classes will be held weekly following the UB academic calendar and are FREE for UB Undergraduate and Graduate Students. Whether you’re a beginner or a fitness pro, our friendly instructors will help you find your groove and reach your goals. Join our community today to sweat, smile, and thrive together!

**FALL 2023 CLASS OFFERINGS:**

**Speed, Strength & Spin:** We are putting our SPIN on cycling. Feed off the incredible energy in the room with a combination of endurance & strength building intervals. With a mix of fast sprints & heavy climbs all timed to the beat of the music.

**Cadence Crushers:** Take your ride indoors as an instructor guides you on an all-terrain journey. The focus is on proper cycle technique, body alignment & cardio drills.

**Strength Power Sculpt:** This class is designed to increase both stamina & strength. Every class covers a different set of exercise. The exercises range from bodyweight focused movements to weight & even skipping.

**DanceFit Fusion:** An aerobics dance class consists of choreographed exercises to music. Classes offer a total-body workout that can help develop stamina, endurance, & mobility.

**Zumba:** Are you ready to party yourself into shape? Forget the workout, just lose yourself in the music & find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin & international beats.

**FALL 2023 SCHEDULE:**

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<th>Monday</th>
<th>Tuesday</th>
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<th>Thursday</th>
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<tr>
<td>9AM-9:45AM Speed, Strength &amp; Spin</td>
<td>11AM-11:45AM Cadence Crushers</td>
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<tr>
<td>5PM-5:45PM Strength Power Sculpt</td>
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