

February 2019 - Go Move Activities Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
O'Connor Sports Center and all group fitness classes are FREE for faculty and staff in the month of February. Please bring your Xavier All card. Xavier.edu/osc	Meet weekly on Wednesdays at 12:15 for a Mission Mile walk. Meet at the Quo Vidas Sculpture (scales). See link below.	Cintas Concourse Walking is available every weekday EXCEPT Monday 2/4. Please see below for specific details.			1 *Walking Cintas Concourse 9am-3pm	2
3	4 Cintas NOT available for walking	5 *Walking Cintas Concourse 9am-3pm	6 *Walking Cintas Concourse 9am-3pm OR Meet at scales at 12:15 for Mission Mile walk	7 *Walking Cintas Concourse 9am-3pm	8 *Walking Cintas Concourse 9am-3pm	9
10	11 *Walking Cintas Concourse 9am-3pm	12 *Walking Cintas Concourse 9am-3pm	13 *Walking Cintas Concourse 9am-3pm OR Meet at scales at 12:15 for Mission Mile walk	14 *Walking Cintas Concourse 9am-3pm	15 *Walking Cintas Concourse 9am-3pm	16
17	18 *Walking Cintas Concourse 9am-3pm	19 *Walking Cintas Concourse 9am-3pm	20 *Walking Cintas Concourse 9am-3pm OR Meet at scales at 12:15 for Mission Mile walk	21 *Walking Cintas Concourse 9am-3pm	22 *Walking Cintas Concourse 9am-3pm	23
24	25 *Walking Cintas Concourse 9am-3pm	26 *Walking Cintas Concourse 9am-3pm	27 *Walking Cintas Concourse 9am-3pm OR Meet at scales at 12:15 for Mission Mile walk	28 *Walking Cintas Concourse 9am-3pm		

***Notes: Areas Available for Walking in Cintas-** Enter via the Arena Entrance. Concourse & stairs off of concourse that lead past the practice gym to the West Entrance. **Areas Not Available for Walking-** Stairs that lead from the conference level to the banquet rooms AND the catwalk outside of the banquet space that connects the East Concourse to the West Concourse. Arena doors will be unlocked daily from 9am-3pm.

OSC Group Fitness schedule: <https://www.xavier.edu/recreational-sports/fitness-training/index>

Mission Mile brochure: - <https://www.xavier.edu/mission-identity/xaviers-mission/documents/MissionMile.pdf>

