



Athletics and Recreation

ACTIVITY BINGO

Name: _____

Email: _____

Activate your All-Access Pass to the MFC

Visit at the Student Services Fair
September 2

Visit RECfest
September 4
2-4pm
Rosaria Lawn

Find us at the Wellness Day event
September 5

Attend Speed Friending
September 9
6:30pm The Rook

Complete a cardio workout
15 minutes

Book a FREE MFC Orientation
mount.fitness@msvu.ca

Attend the Mystics Soccer home opener
September 11

Drop into play Badminton or Volleyball
Open Gym

Try Aikido for FREE
September 11 or 13
Register at msvu.ca/fit

Sign-up for a REC the Night event
msvu.ca/rec

Participate in a Group Fitness Class

START TODAY!

Buy Mystics gear from the MSVU Bookstore
Show us your receipt at the MFC.

Attend Jeopardy!
September 17
6:30pm The Rook

Try Karate for FREE
September 19 or 21
Register at msvu.ca/fit

Visit the Mount Fitness Centre
Stop & Scan your ID

Complete a weight training workout
15 minutes

Try DanceFit for FREE
September 23
Register at msvu.ca/fit

Register for an Intramural Sport League
msvu.ca/rec

Walk the Freda Wales Trail on campus
Show us a pic at the MFC.

Purchase an Introductory Training Session
msvu.ca/fit

Register for a Recreation Program
msvu.ca/rec

Participate in Nap or Stretch
FREE Wellness Class
Mondays at 1pm

Follow us on Instagram
[@msvuathrec](https://www.instagram.com/msvuathrec)
[@mountmystics](https://www.instagram.com/mountmystics)
Show us at the MFC.

How to Enter:

Step 1

Complete a designated activity.

Step 2

Receive a stamp from MSVU Athletics & Recreation staff at the event or Mount Fitness Centre (MFC) desk.

Step 3

Complete as many activities as possible and submit your completed BINGO card to the MFC desk by October 1, 2024.

PRIZE

The participant who completes the most activities will win a prize pack.*

*If there is a tie we will draw to decide the winner.

Visit msvu.ca/rec for more details on all events, programs and services.