



## DR. FIELDS' NOTE

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#### **STAY ACTIVE WITH REC SERVICES!**







#### **EXPLORE THE SPRING 2025 GROUP X SCHEDULE**







### **PUT YOUR STAMINA TO THE TEST!**

**JUMP ROPE COMPETITION** 



#### SHOUT OUT TO OUR ULM'S WATER SKI TEAM!





## **CHAMPIONS ON THE WATER**

# POOR MAN'S RUN

#### **REGISTER TODAY TO SUPPORT A GREAT CAUSE**

