

# #14DAYS DRY

## What can you do instead?

Attend any event for your chance to ENTER & WIN one of the many prizes!

All events are FREE!

### February

SUN	MON	TUE	WED	THUR	FRI	SAT
25 <b>DRY FIT: Vinyasa Yoga</b> MAC Topline 10:45 AM - 12:15 PM	26 <b>DRY FIT: Ultimate Workout</b> RAC   5 - 6 PM	27 <b>DRY FIT: Spin &amp; Yoga Flow 101</b> RAC Studio 2 10 - 11 AM	28 <b>DRY FIT: Zumba</b> RAC Studio 1 12:10 - 12:50 PM	01 <b>A Sobering View: Impairment Simulation and Mixology Session</b> SLC   11 AM - 3 PM	02 <b>What's in a real drink? Drink Pouring Activity</b> POD-60	03 <b>DRYFIT: Spin n' Sculpt</b> MAC Topline 11 AM - 12:15 PM
04 <b>DRY FIT: Vinyasa Yoga</b> MAC Topline 10:45 AM - 12:15 PM	05 <b>Consent Fair</b> SLC 508 12 - 2 PM	06 <b>Check Yourself, Don't Wreck Yourself</b> Gould St.   12-3 PM  <b>Consent Fair</b> SLC 508   9AM-12PM  <b>#14DaysDry Open Mic</b> LIB 72   6-9 PM	07 <b>DRY FIT: Wellness Yoga Flow</b> RAC 2 Gym 12:10 - 1 PM  <b>RU Ready to Party?</b> POD 60 Lounge 11 AM - 1 PM	08 <b>Your Budget: Does Alcohol Fit?</b> POD 60 Lounge  <b>DRY FIT: Masala Bhangra</b> RAC Studio 2 5:30 - 6:30 PM	09 <b>DRY FIT: Dance Fire</b> RAC 2 Gym 12:10 - 12:50 PM MAC Topline 12:15 PM	10

DRY FIT: with your card, you have FREE access to ALL Group Fitness Classes (Sun. Feb. 25 to Sat. Mar. 10; ALL classes!) at the MAC & RAC!

Visit [connectru.ryerson.ca/organization/RUStudentLife](https://connectru.ryerson.ca/organization/RUStudentLife) for more info

