Participate in at least four of the activities listed below during the first four weeks of school to earn a 4-in-4 T-shirt and be entered to win an Amazon Echo, Fitbit Alta or Beats Earbuds.

Click on the activities below for more information or to register.

- Rec Fest
  - August 25

- Fitness Frenzy
  - August 28

- Whitehurst Beach Party
  - August 30

- Evening Paddle
  - September 4 or 20

- Prep Course for NETA Personal Training
  - Classes start September 4

- Nutrition Corner
  - September 5, 12 and 19

- Group Swim Lessons
  - Classes start September 5

- Evening Bike Ride
  - September 5 or 18

- Stand-up Paddleboarding
  - September 6

- Surfing in the Outer Banks
  - September 7-9

- Ultimate Frisbee League
  - Starts September 9

- Small Group Training
  - Starts September 10

- Nutrition 101
  - September 11

- XBox One Madden Tournament
  - September 11-13

- Monarch Fuel: Sports Nutrition
  - September 13

- Residence Hall Kickball
  - September 15

- Day Hike at First Landing State Park
  - September 16

- Intramurals 7v7 Flag Football
  - Season starts September 16

- Intramurals 6v6 Dodgeball League
  - Season starts September 16

- Day of Wellness: Yoga on Kaufman Mall
  - September 19

- Prep Course for NETA Group Exercise Instructor
  - Classes start September 20

- Group Exercise Class

- Fitness Assessment

- Fitness Orientation

- Massage Therapy

- Personal Training

- Rock Climbing Orientation

- Sports Clubs

Questions? Contact recwell@odu.edu.