Physical Dimension Option
Rec Center Punch Card

Instructions:

1. Print out this sheet and cut out the punch card.

2. Lost cards will not be replaced or repunched.

3. Attendance at 16 classes or approved punch card events is required for completion of this dimension.

4. The following are approved classes and events. Attendance at a single class/ single event will result in a single punch on the card. Please follow proper registration protocol. Punches will be given at the completion of classes or events.

   Approved Classes:
   - Zumba
   - Core Power
   - BOSU
   - Rockclimbing (Not a class but participating on the rock wall will count as a punch)

   Approved Events:
   - Pickleball Doubles (Sept. 15th @2pm Harvey Park)
   - Stop Light Dance (September 24th- See UNK Event Calendar)
   - Human Foosball (Oct. 15th @7pm HPER Gym)
   - Table Tennis Singles (Oct. 24th @7pm Cushing Fieldhouse)
   - Badminton Singles (Nov. 5th @ 7pm Cushing Fieldhouse)
   - Table Tennis Doubles (Nov. 20th @7pm Cushing Fieldhouse)

5. Completed punch cards should be turned into the Health Promotion Office (MSAB 130).