

WELL-BEING WEEK

Enjoy the Journey

Group Fitness Schedule

Monday, May 20	Tuesday, May 21	Wednesday, May 22	Thursday, May 23	Friday, May 24
CardioMix 12:10-12:50 Seaton 132	Pilates 12:10-12:50 Barker Hall	20/20 12:10-12:50 Barker Hall	Basic Yoga 12:10-12:50 Barker Hall	20/20 12:10-12:50 Barker Hall
20/20 12:10-12:50 Barker Hall	Toning & Sculpting 12:10-12:50 Seaton 132	Flow Yoga 12:10-12:50 LAC 170A	Toning & Sculpting 12:10-12:50 Seaton 132	Flow Yoga 12:10-12:50 LAC 170A
Yoga A 5:15-6:45pm LAC 170A	Aqua Jog 12:15-12:45 LAC Pool	Tabata 12:10-12:50 Seaton 132	Aqua Jog 12:15-12:45 LAC Pool	Step On Up! 12:10-12:50 Seaton 132
Zumba 5:15-6:00pm Barker Hall	Tai Chi 5:15-6:15pm College of Nursing 634	Yoga B 5:15-6:45pm LAC 170A	Meditation 5:15-6:15pm LAC 170A	
	Deep Water Works 5:30-6:15pm LAC Pool	Zumba 5:15-6:00pm Barker Hall	Tai Chi 5:15-6:15pm College of Nursing 634	
	Power Hour 5:30-6:30pm Seaton 130		Deep Water Works 5:30-6:15pm LAC Pool	
 Human Resources <i>Health and Wellness</i>			Power Hour 5:30-6:30pm Seaton 130	