

WELLNESS CLASSES



Starting the week of September 5th

Location: Field House MPR

TUESDAY & THURSDAY

Intro to Tae Kwon Do, 12:00pm

Introduction to the Korean martial arts discipline consisting of basic hand strikes, blocks and kicks in a cardio/aerobic exercise atmosphere. Gym attire/loose fitting clothing recommended.

Power Yoga, 1:00pm

Focusing on core strength, flexibility and balance.

WEDNESDAY

Hatha Yoga, 5:00pm

Yoga for all! Focusing on relaxation & breathing for stress relief.

“It’s not about having enough time, it’s about making enough time.” - Rachael Bermingham

Make personal wellness and fitness a part of your life. Feel healthier today. 😊

Free for students, faculty and staff!

Sponsored by Athletics, Wellness Committee and the Wellness Center