

Fall 2017

NOONTIME WELLNESS

Activities will be held from September 18th through December 7th
Classes will not be held from November 20th – November 24th

EARLY MORNING PROGRAM (7:05 A.M. TO 7:50 A.M.)

CLASS	FACILITY	DAY	INSTRUCTOR
Open Swim	Pool	M-Th	Casual Use

NOONTIME PROGRAM (12:05 P.M. TO 12:50 P.M.)

CLASS	FACILITY	DAY	INSTRUCTOR
Aqua Aerobics	Pool	T/Th	GayAnn White
Pickle Ball	W. Tennis Courts	T/TH	Robyn Penwell
Tai Chi	YSM 183	M/W	GayAnn White
Weights	YSM 107	M/W	Robyn Penwell
Yoga	YSM 183	T/TH	Alicia Patrice
Open Swim	Pool	M/W	Casual Use
Tennis	W. Tennis Courts	M/W	Casual Use

AFTERWORK PROGRAM (5:05 P.M. TO 5:50 P.M.)

CLASS	FACILITY	DAY	INSTRUCTOR
Open Swim	Pool	M-Th	Casual Use

Brought to you by Human Resources, Professional Development & Training

Phone: (916) 278-6327 | Email: training_development@csus.edu

Please register for our classes at www.http://csus.edu/hr/noontimewellness