

Fall 2018 Wellness

Tai Chi	Solano 1000	M/W Before work 7-7:50am	GayAnn
Pickleball	W. Tennis Courts	M/W Noon 12:05-12:50pm	Robyn
Aqua Aerobics	Pool	T/TH Noon 12:05-12:50pm	GayAnn
Weights	YSM 107	T/TH Noon 12:05-12:50pm	Jennifer
Open Tennis	W. Tennis Courts	T/Th Noon 12:05-12:50pm	Self-Guided
Yoga	YSM 183	Mon After work 5:05-5:50pm T/TH Noon 12:05-12:50p	Alicia
Open Swim	Pool	M-Th Before Work, Noon & After work	Self-Guided
Walking For Wellness	See Map	Anytime	Self-Guided
Workout At Your Desk	Your Desk	Anytime	Self-Guided

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To register, visit our website here.