

Summer 2018 Wellness

Noon Time 12-12:50pm

<u>Class</u>	<u>Facility</u>	<u>Days</u>	<u>Instructor</u>	<u>Dates</u>
Tai Chi	YSM 183	M/W	Gay Ann	June 4-July 31
Yoga	YSM 183	T/Th	Alicia	June 26, 28 July 10,12,17,24,26
Weights	YSM 107	T/Th	Jennifer	June 5-July 12
Aqua Aerobics	Pool	T/Th	Gay Ann	June 4-Aug. 16
Open Swim	Pool	M-F	Self Guide	Casual Use

After Work 4-4:50pm

Yoga	YSM 183	M/W	Alicia	July 16, 18, 23, 25
Open Swim	Pool	M-F	Self Guide	Casual Use

Anytime Wellness

Walking For Wellness	<u>See Map</u>	M-F	Self Guide	Casual Use
Workout At Your Desk	Your Desk	M-F	Self Guide	Casual Use

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To register, visit our website [here](#).