

Summer Wellness Calendar

Summer Semester:
June 4 - August 17

The Wellness Studio - Ground Floor of Health Sciences Center South (Room G278)

Boomercise	Mondays & Wednesdays	5:15 - 6:15 pm
Cardio Conditioning	Mondays & Wednesdays	4:30 - 5:30 pm
Gentle Yoga After Work	Tuesdays & Thursdays	5:15 - 6:15 pm
KBA: Kickboxing Aerobics	Thursdays	4:00 - 5:00 pm
Mindful Flow Yoga	Tuesdays	12:00 - 1:00 pm
Mindfulness Meditation (May 16 – June 29)	Wednesdays, Thursdays, & Fridays	Wednesday: 1:15 - 1:35 pm Thursday: 11:15 - 11:35 am Friday: 10:00 - 10:20 am
Pilates	Mondays, Wednesdays & Fridays	12:00 - 1:00 pm
Step Fit	Tuesdays	4:00 - 5:00 pm
Yoga for Inner Balance	Thursdays	12:00 - 1:00 pm

Chestnut Ridge Center - Gymnasium

Zumba	Tuesdays & Thursdays	5:15 - 6:15 pm
-------	----------------------	----------------

WVU Medicine University Town Centre - 1st Floor Conference Room 1 A&B

Early Morning Yoga	Fridays (starts June 15)	7:00 - 7:45 am
--------------------	--------------------------	----------------

Summer Wellness Programs:

Mindful Steps to Stress Less	Mondays (May 14 - June 25) The Wellness Studio - Ground Floor Health Sciences Center South Room G278	8:00 - 9:00 am
Walk 100 Miles in 100 Days®	April 16 - July 24	
Wellbeing 101 Workshops	May 30, June 1, June 5, & June 14 John Jones Conference Rooms	12:00 - 1:00 pm



Services and Programs

Ergonomic Assessments

Is your workstation safe? The set-up of your work area could be causing you discomfort that we can resolve with a little rearranging. Let us review your work area to help decrease the chance of workplace injuries! Ergonomic assessments may be organized individually or for entire departments. Call us to schedule your appointment.

FREE for employees!

Join The Fitness Center!

The New Fitness Center is currently under construction and will open on the 4th floor of the WVU Heart and Vascular Institute on July 18. The new hours of operation will be: 11:00 am – 12:30 pm / 3:00 pm – 6:30 am Monday – Friday and unlimited access on Saturday & Sunday.

The Ruby Cafeteria Fitness Pod, located on the fourth floor of J.W. Ruby Memorial Hospital near the cafeteria, is available to all employees of WVU Medicine, University Health Associates, and the Health Sciences Center for general use. Spouses of employees and also students located on the WVU Health Sciences campus can use the fitness pod. **The Fitness Pod is open 24 hours a day, seven days a week!**

Personal Fitness Coaching

Receive personalized instruction, support, and motivation in strength training, cardiovascular conditioning, and flexibility from an ACE-certified personal trainer who will design a fitness program based on your exercise goals! Available to employees and spouses of all fitness levels. Call us to schedule your appointment.

FREE for employees and only \$5 for spouses!

Weight and Body Fat Analysis

Want to keep track of your weight and body fat percentage? Stop by the Wellness Center office and within seconds our state-of-the-art Tanita body composition scale will determine your weight, BMI, and body fat percentage! Track your progress by visiting us regularly. No appointment necessary! **FREE for employees!**

Wellbeing Coaching

Wellbeing Coaching is an on-site service where you work one-on-one with a health coach to set goals, make better lifestyle choices, overcome obstacles, and become a healthier you! To learn more about this service or to schedule an appointment contact Heather Bonaparte, MPH, Ace-certified Health Coach at 304-293-1820 or heather.bonaparte@wvumedicine.org. **FREE for employees and only \$5 for spouses!**



THE WELLNESS CENTER

Phone: 304-293-2520/Fax: 304-293-3725

Website: <http://wvumedicine.org/thewellnesscenter>

Email: wellnesscenter@hsc.wvu.edu