

FALL WELLNESS

SEPT. 4 - DEC. 14

WELLNESS PROGRAMS (WELLNESS STUDIO G-278):

MINDFUL STEPS TO STRESS LESS	MONDAYS (SEPT.17-OCT.22) (NOV. 5-DEC. 10)	12:00-1:00PM
WELL-BEING 101 (ROOM G252F HSC SOUTH)	SEPTEMBER 11, 20, 26, 28	12:00-1:00PM

WELLNESS STUDIO - GROUND FLOOR HEALTH SCIENCES SOUTH (G-278):

BOOMERCISE	MONDAYS & WEDNESDAYS	5:15-6:15PM
GENTLE YOGA AFTER WORK	TUESDAYS & THURSDAYS	5:15-6:15PM
YOGA FOR THE PROFESSIONAL STUDENT	TUESDAYS	3:00-3:50PM
MINDFUL FLOW YOGA	TUESDAYS	12:00-1:00PM
MINDFULNESS MEDITATION	TUESDAYS, WEDNESDAYS & THURSDAYS	(TUES) 11:15-11:35AM (WED) 1:15-1:35PM (THUR) 11:15-11:35AM
STEP FIT	TUESDAYS	4:00-5:00PM
PILATES	WEDNESDAYS & FRIDAYS	12:00-1:00PM
ROCK SOLID RENEW	WEDNESDAYS (SEP 12-OCT 17)	7:00-8:00PM
YOGA FOR INNER BALANCE	THURSDAYS	12:00-1:00PM
KBA: KICKBOXING AEROBICS	THURSDAYS	4:00-5:00PM

CHESTUT RIDGE CENTER - GYM:

ZUMBA	TUESDAYS & THURSDAYS	5:15-6:15PM
-------	---------------------------------	-------------

WVU MEDICINE UNIVERSITY TOWNE CENTRE - 1ST FLOOR CONF. ROOM 1 A&B:

EARLY MORNING YOGA	FRIDAYS	7:00-7:45AM
--------------------	----------------	-------------

For class descriptions visit wvumedicine.org/wellness/classes/