WELLNESS WEEK!
October 26-30, 2015
FREE admission to the Rec Center and Rec Plex all week!
Plus free wellness classes below!
Get involved!

Monday:
* Wellness Day (10:00am-2:00pm, AMU, Monaghan Ballroom) -Shoe, Clothing & Food Drive
* Surprise Event! (12:15pm, AMU Monaghan Ballroom)
* Flu Clinic (10:00am – 4:00pm AMU, 2nd floor lobby)
* FREE Core Class (4:45pm-5:15pm, Cramer 050)

Tuesday:
* Flu Clinic (8:00am-4:30pm, AMU 2nd floor lobby)
* FREE Yoga Class (1:05pm-1:50pm, Cramer 050)
* Spiritual Wellness Speaker – Enhancing Our Well-Being – An Ignatian Approach to Coping and Flourishing” (4pm, AMU Lunda Room)

Wednesday:
* FREE Spin Class (12:05pm-12:50pm, Rec Center Spinning Room)
* Free Stretching & Progressive Muscle Relaxation Class (1:05-1:50pm, Cramer 050)

Thursday:
* FREE Immersive Zumba Class (1:05pm-1:50pm, Engineering Hall 028)

Friday:
* Blood Drive (10:00am-2:00pm, AMU 305 & 313)
* FREE Meditation Class (12:05-12:50pm, AMU 233)
* FREE Immersive Cardio Kickboxing Class (12:05-12:50pm, Engineering Hall 028)

*NO REGISTRATION REQUIRED