### CLASS DESCRIPTIONS

**Core & More:** This comprehensive core class will target every aspect of your core, including your abdominal and lower back muscles!

**Strength and Stretch:** Strengthening exercises emphasize the abs, torso, and "core" muscles to condition you for the challenges of daily living. Also includes flexibility and relaxation. The PLUS class adds weights.

**Yoga:** This centuries-old discipline is geared toward melding the mind and body into a healthy integrated whole. This class will help improve your strength, flexibility, and balance while improving posture and focus.

**Zumba®:** A total body workout with cardio conditioning in a Latin flavor. Fusing hypnotic Latin rhythms and easy to follow moves to create a dynamic workout.

### Where:
- 450 Student Union
- 265 Student Union (Ballroom - North End)

*Rooms are subject to change*

### Bring:
Your own yoga mat for classes

### Fee:
*Classes are offered at no charge to benefits eligible employees and students. Others must have a Department of Wellness Membership.*

### THANKS TO THE STUDENT UNION FOR PROVIDING SPACE FOR THESE CLASSES.

Stay informed-Classes are subject to change.
Call 744-9385 (WELL) and ask to be added to the Student Union email distribution list.

*Please see wellness.okstate.edu for additional classes offered at the Seretean Wellness Center and the Colvin Recreation Center.*

Effective: June 5th — August 18th

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<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>12:10-12:50 pm Yoga</td>
<td>12:10-12:50 pm Strength &amp; Stretch PLUS</td>
<td>12:10-12:50 pm Core &amp; More</td>
<td>12:10-12:50 pm Yoga</td>
<td>12:10—12:50 pm Yoga</td>
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<tr>
<td>Carol 450*</td>
<td>Debbie 450*</td>
<td>Debbie 450*</td>
<td>Carol 450*</td>
<td>Bridget 450*</td>
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| 5:15-6 pm Zumba®        |                         |                       |                         |                         |
| Marilyn Ballroom*       |                         |                       |                         |                         |

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Oklahoma State University Wellness