Seretean Wellness Center
August Interim Fitness Schedule

MONDAY:
11:00 – 11:50A. . . . Core & More - Marina S2
12:10 – 12:50P. . . . Yoga – LaMecia S2
5:30 – 6:20P. . . . Strength & Stretch – Debbie S1
5:30 – 6:20P. . . . Relax & Restore Yoga - Carol S2

TUESDAY:
8:00 – 8:50A. . . . Total Body - Marsha S2
11:00 – 11:50A . . . Yoga - Ruby S2
12:10 – 12:50P . . . Yoga – Billie S2
4:30 – 5:20P . . . . . Yoga – Carol S2

WEDNESDAY:
11:00 – 11:50A. . . . Yoga – Carol S2
5:30 – 6:20P . . . . . Intervals – Sarah S2

THURSDAY:
11:00 – 11:50A. . . . Yoga – Ruby S2
5:30 – 6:20P. . . . . Yoga – Carol S2

FRIDAY:
11:00 – 11:50A. . . . Yoga – Carol S2
12:10 – 12:50P. . . . Cardio Fusion- Sarah S2

Effective August 7th – August 18th

KEY:
[S1] :: Studio 1
[S2] :: Studio 2

Classes are free to students, faculty/staff 75% FTE or above, others must have a Dept. of Wellness Membership.