# FALL 2019 SATELLITE CLASS SCHEDULE

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>12:10 - 12:50 PM</strong></td>
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</tbody>
</table>
| Strength & Stretch  
Debbie  
SU 450* | Yoga  
Carol  
SU 450* | Strength & Stretch  
Debbie  
SU 450* | Yoga  
Amber  
HSW 201* | Yoga  
Amber  
SU 450* |
| **5:15 - 6:00 PM** | | | | |
| Yoga  
Aaron  
SU 450* | | | | |

## CLASS DESCRIPTIONS

**STRENGTH & STRETCH:** Compliment yoga and/or cardio exercise by adding in some resistance training into your routine. This class may utilize light weights.

**YOGA:** This works to develop the physical body with strength, stamina and flexibility; the emotional body with stability, confidence and discernment; the mental body with awareness, concentration & focus.

## WHERE?

- **201 - HUMAN SCIENCES WEST**
- **450 - STUDENT UNION**

* ROOMS ARE SUBJECT TO CHANGE

**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 405-744-9355 and ask to be added to the Student Union email distribution list.

Please see wellness.edu for additional classes offered at the Seretean Wellness Center & the Colvin Recreation Center. Effective August 19 - December 7