

# FALL 2019 SATELLITE CLASS SCHEDULE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			<p><b>12:10 - 12:50 PM</b> Yoga Amber HSW 201*</p>	
<p><b>12:10 - 12:50 PM</b> Strength &amp; Stretch Debbie SU 450*</p>	<p><b>12:10 - 12:50 PM</b> Yoga Carol SU 450*</p>	<p><b>12:10 - 12:50 PM</b> Strength &amp; Stretch Debbie SU 450*</p>	<p><b>12:10 - 12:50 PM</b> Yoga Carol SU 450*</p>	<p><b>12:10 - 12:50 PM</b> Yoga Amber SU 450*</p>
		<p><b>5:15 - 6:00 PM</b> Yoga Aaron SU 450*</p>		

## 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 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](http://wellness.edu) for additional classes offered at the Seretean Wellness Center & the Colvin Recreation Center. Effective August 19 - December 7



DEPARTMENT OF  
WELLNESS



OSUWELL



**DISCOVER  
WELLNESS**