




STUDENT UNION CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
12:10-12:50 pm <i>Strength & Stretch</i> Debbie 450*	12:10-12:50 pm <i>Yoga</i> Carol 450*	12:10-12:50 pm <i>Core & More</i> Debbie 450*	12:10-12:50 pm <i>Yoga</i> Carol 450*	12:10—12:50 pm <i>Yoga</i> Sydney 450*
	5:15-6 pm <i>Zumba®</i> Marilyn Ballroom*			 AMERICA'S HEALTHIEST CAMPUS™

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.



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Oklahoma State University Wellness

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 744-9355 (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: August 21st — December 22nd