## Saturday Class Schedule

### Monday
- **12:10 - 12:50 PM**
  - **Strength & Stretch**
  - Debbie
  - SU 450*

### Tuesday
- **12:10 - 12:50 PM**
  - **Yoga**
  - Carol
  - SU 450*

### Wednesday
- **12:10 - 12:50 PM**
  - **Strength & Stretch**
  - Debbie
  - SU 450*

### Thursday
- **12:10 - 12:50 PM**
  - **Yoga**
  - Carol
  - SU 450*

### Friday
- **5:15 - 6:00 PM**
  - **Yoga**
  - Savannah
  - 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 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 January 14 - May 10