## SATELLITE CLASS SCHEDULE

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<td></td>
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<td><strong>12:10-12:50 pm</strong></td>
<td><strong>12:10-12:50 pm</strong></td>
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<tr>
<td><strong>Strength &amp; Stretch</strong></td>
<td><strong>Yoga</strong></td>
<td><strong>Sydney</strong></td>
<td><strong>Savannah</strong></td>
<td><strong>Sydney</strong></td>
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<tr>
<td><strong>Debbie</strong></td>
<td><strong>Carol</strong></td>
<td><strong>Jorns Hall</strong>*</td>
<td><strong>Jorns Hall</strong>*</td>
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<td><strong>450</strong>*</td>
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| **5:15-6 pm**           | **Yoga**                 | **Savannah**                               | **Savannah**              | **Yoga**                |
| **Savannah**            | **450***                 |                                            | **450***                  | **450***                |

## CLASS DESCRIPTIONS

**Strength and Stretch:** A great way to complement yoga and/or cardio exercise. Strengthening exercises emphasize the abs, torso, and “core” muscles to condition you.

**Strength and Stretch PLUS:** This class kicks the regular Strength & Stretch up a notch by adding light weights.

**Yoga:** This class 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 and focus.

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**Where:**
Jorns Hall - Human Sciences
450 - Student Union
*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.

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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.

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Effective: January 16th—May 18th

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