## SUMMER 2019
### 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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<tbody>
<tr>
<td><strong>12:10 - 12:50 PM</strong></td>
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<tr>
<td>Strength &amp; Stretch</td>
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<tr>
<td>Debbie</td>
<td>Carol</td>
<td>Debbie</td>
<td>Carol</td>
<td>Amber</td>
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<td>SU 450*</td>
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**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.