

# ATTEND WEDNESDAY GROUP EXERCISE CLASSES FOR FREE IN JULY!

This month, get free admission to any of our Wellness Wednesday events **AND** to any of our Wednesday group exercise classes at the Wellness Center! Open to students, staff, faculty, members and the community! Just sign in at the front desk!

## WELLNESS WEDNESDAY EVENT SCHEDULE

**JULY 1ST GROUP EXERCISE MIX**  
11:00 AM & 1:00 PM in Multi Purpose Room #215  
on the 2nd floor

Want a 30 minute preview of our hottest group exercise classes? Come and try Boot Camp, Ab Attack, Circuit Training & Cardio Blast at this event!

**JULY 8TH BODY FAT PERCENTAGE CHECKS**  
11:00 AM & 1:00 PM in the Assessment Suite  
on the 2nd floor

Body fat plays a large role in how our organs work. Come and get your body fat percentage checked to see if yours is within a healthy range!

**JULY 15TH HOW TO PLAY WALLYBALL**  
11:00 AM & 1:00 PM in the Racquetball Courts  
on the 1st floor

Our new facility has a new game for you to play- wallyball! Learn how to play this game so you can add this sport into your workout!

**JULY 22ND WORKING OUT IN THE WATER**  
11:00 AM & 1:00 PM in the Pool Meet Office  
on the 1st floor

Did you know that water offers 12 times more resistance than air? Come to this session to learn the benefits of working out in the water and some water-friendly exercises!

**JULY 29TH HOW TO PLAY KNOCKOUT**  
11:00 AM & 1:00 PM in the Basketball Arena  
on the 1st floor

Put your hoops shooting skills to the test by learning how to play knockout! Bring your friends and challenge each other to see who is the best at making baskets!

## WEDNESDAY GROUP EXERCISE SCHEDULE

**4PM AB ATTACK ROOM 215**  
A 30 minute workout focused on strengthening the core using both isotonic (multiple repetitions) and isometric (controlled held position) techniques.

**5PM BOOT CAMP ROOM 215**  
Get ready to fall in line! This 60 minute, group oriented class consists of a wide variety of short distance running, plyometrics, agility, and strengthening drills. If this class doesn't get your attention, nothing will!

**5:30PM AQUA CORE POOL**  
Splash into this 60 minute class that involves integration of the core for proper alignment, strength training, stretching, and breathing. Core training has never been so fun!

**6PM BODY SCULPT ROOM 213**  
Shape up in this 60 minute class works on sculpting and strengthening all major muscle groups in the upper and lower body, including abs. May utilize one or more of the following: hand-held weights, bands, balls, bars, and steps.

**6PM ZUMBA ROOM 215**  
This 60 minute class consists of mostly Latin based dance routines that are inspired by hip hop, belly dancing, reggaeton, and so much more!

**7PM PILATES ROOM 213**  
This 60 minute energetic class enhances the fundamental understanding of core strength and stabilization as it applies to movement. This class is designed to show proper execution of form, breath, and technique to everyone in a self-paced yet challenging way.

BE ACTIVE, BE INFORMED, BE WELL!