



# Well-Being Class Schedule

Monday

Resistance Training  
12:00 - 12:45pm

Tuesday

Yoga  
12:00 - 12:45pm

Pilates  
4:00 - 4:45pm

Wednesday

Boxed Lunch  
12:00 - 12:45pm

Restorative Yoga  
5:30 - 6:30pm

Thursday

Mind & Body Practices for  
Well-Being/Yoga  
12:00 - 12:45pm

Yoga  
5:30 - 6:30pm

Friday

Foam Rolling & Recovery  
9:00 - 9:30am



# Class Descriptions

**Boxed Lunch:** This class utilizes martial arts moves with gloves and punching bags. Gloves provided but you can also bring your own! Space is limited to 6 participants so RSVP to reserve your spot. Preference will be given to those who register on campus labs. Walk-in's are welcome if space is available.

**Foam Rolling & Recovery:** It's finally Friday! Release muscle tension and relax with this class utilizing a foam roller and stretching exercises.

**Pilates:** this class combines resistance exercise and stretching with core training!

**Mind and Body Practices for Well-Being/Yoga:** This unique class will utilize breathing techniques, meditation, and yoga foundation movements to help support your wellbeing throughout the year.

**Resistance Training:** This class includes a variety of methods of resistance training to enhance muscle strength and endurance and core strength.

**Restorative Yoga:** This class is a style of yoga that encourages physical, mental, and emotional relaxation. Appropriate for all levels, restorative yoga is practiced at a slow pace, focusing on long holds, stillness, and deep breathing

**Yoga:** a basic flow class that teaches you the foundational yoga poses, breathing and general practice. Style may vary at instructor discretion.

Classes are available to all current students, faculty, staff and alumni.

Classes are taught by trained instructors and/or professional staff.