



May 2023 Lewis Center Class & Workshop Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>Meditation w/ Dr. Ali 11:30-12:00pm <i>(on Zoom)</i></p> <p>Barbell Weight Training 3:30-4:15pm <i>Studio</i></p> <p>HIIT Circuit Training 6:00 – 6:45pm <i>Studio or Patio</i></p>	<p>2</p> <p>TRX Training 12:00 – 12:45pm <i>Studio or Patio</i></p> <p>Yoga in the Park 12:00 – 12:40pm <i>Sneaky Park</i></p> <p>Yoga Flow 5:30 – 6:30pm <i>Studio</i></p>	<p>3</p> <p>Breathwork to Balance w/ Lauren 12p <i>(on Zoom)</i></p>	<p>4</p> <p>HIIT Circuit Training 12:00 – 12:45pm <i>Studio or Patio</i></p> <p>Meditation w/ Dr. Sawyer 12:00-12:30pm <i>(on Zoom)</i></p> <p>Lewis Faculty Fellow Lecture Dr. Paul Naccachian 2-3pm Hybrid <i>(Classroom & Zoom)</i></p>	5	6
7	<p>8</p> <p>Meditation w/ Dr. Ali 11:30-12:00pm <i>(on Zoom)</i></p> <p>Barbell Weight Training 3:30-4:15pm <i>Studio</i></p> <p>HIIT Circuit Training 6:00 – 6:45pm <i>Studio or Patio</i></p>	<p>9</p> <p>TRX Training 12:00 – 12:45pm <i>Studio or Patio</i></p> <p>Yoga Flow 5:30 – 6:30pm <i>Studio</i></p>	<p>10</p> <p>Breathwork to Balance w/ Lauren 12p <i>(on Zoom)</i></p>	<p>11</p> <p>HIIT Circuit Training 12:00 – 12:45pm <i>Studio or Patio</i></p> <p>Meditation w/ Dr. Sawyer 12:00-12:30pm <i>(on Zoom)</i></p>	12	13
14	<p>15</p> <p>Meditation w/ Dr. Ali 11:30-12:00pm <i>(on Zoom)</i></p> <p>Barbell Weight Training 3:30-4:15pm <i>Studio</i></p> <p>HIIT Circuit Training 6:00 – 6:45pm <i>Studio or Patio</i></p>	<p>16</p> <p>TRX Training 12:00 – 12:45pm <i>Studio or Patio</i></p> <p>Yoga Flow 5:30 – 6:30pm <i>Studio</i></p>	<p>17</p> <p>Breathwork to Balance w/ Lauren 12p <i>(on Zoom)</i></p>	<p>18</p> <p>HIIT Circuit Training 12:00 – 12:45pm <i>Studio or Patio</i></p> <p>Meditation w/ Dr. Sawyer 12:00-12:30pm <i>(on Zoom)</i></p>	19	20
21	<p>22</p> <p>Meditation w/ Dr. Ali 11:30-12:00pm <i>(on Zoom)</i></p>	<p>23</p>	<p>24</p> <p>Breathwork to Balance w/ Lauren 12p <i>(on Zoom)</i></p>	<p>25</p>	<p>26</p>	<p>27</p> <p>Closed Saturday, May 27 – Sunday June 4th. Summer hours start Monday, June 5th. M-F 10 – 6am</p>



For in-person activities, please sign in on class attendance sheet at front desk. Can RSVP on campus labs and/or drop-in for these classes unless registration is required (workshops)

Class Descriptions

Barbell Weight Training - This class will teach you basic movements of weight training while focusing on proper form. Options will be provided to keep things challenging as you build strength. Modifications provided. All fitness levels welcome!

Breathwork – Join Lauren Fittante in a meditation practice that uses the breath to balance, calm, and ground ourselves. Wednesdays **on Zoom**. (30 minutes). <https://ulv-edu.zoom.us/j/91288179046> Meeting ID: 912 8817 9046. **Provided by the Office of Religious and Spiritual Life.**

HIIT Circuit Training – a high-intensity interval circuit utilizing resistance training and cardio intervals to give you a total body workout. This class will take place on the patio during nice weather and studio on inclement days. Instructor will decide venue. All fitness levels welcome!

Meditation (Monday) – Join Dr. Ali in a mindfulness meditation practice to balance, calm, and ground. Mondays **on Zoom**. (30 minutes) <https://us02web.zoom.us/j/81956236406?pwd=bVRBR25yenBkZ2ZxRWcvaTk0ZExXdz09> **Provided by the Office of Religious and Spiritual Life.** Meeting ID: 819 5623 6406; Passcode: Peace

Meditation (Thursday) – Join Dr. Dane Sawyer in a meditation to balance, calm and ground. Thursdays **on Zoom**. (30 minutes). <https://us02web.zoom.us/j/83316788817?pwd=L1NmRHBzNW9tT2c1S2NtaVdZR2tEUt09> **Provided by the Office of Religious and Spiritual Life.** Meeting ID: 833 1678 8817 Passcode: namaste

TRX - TRX is a circuit-style, strength training class that will elevate your heart rate and build full body strength through a variety of movements. All fitness levels are welcome!

Yoga Flow – a basic flow class that teaches you the foundational yoga poses, breathing and general practice. Mats provided, but you may also bring your own. All fitness levels welcome!

Lewis Faculty Fellowship Lectures – These lectures will be presented by Lewis Center Faculty fellows and will feature research around well-being. Please see separate flyers for lecture content details. These lectures will be offered in person (Lewis Center Classroom) and hybrid.

Access on Zoom here: <https://ulv-edu.zoom.us/my/wellbeing>

Dr. Paul Naccachian “*Mindfulness-Based Government Interventions: An Emerging Interdisciplinary Approach in Housing Policy Development Addressing Affordability, Availability, and Adequacy*” **Thursday, May 4th 2-3pm.**

Yoga in the Park – this is a special event in Sneaky Park celebrating National Physical Fitness and Sport month. Mats provided. Bring your hat and sunscreen and enjoy a yoga flow in the great outdoors. This class will be instructed by Dept. of Kinesiology and Certified Yoga Instructor Michelle Pasos. If you are not familiar with where Sneaky Park is, it is in the middle of campus where the leopard statue is located. **Tuesday, May 2nd 12:00-12:40pm**