

# This Month's Wellness Programs

September 2019

| Monday  | Tuesday   | Wednesday  | Thursday   | Friday  | Saturday | Sunday  |
|---|---|--|--|---|----------|---|
| 26  | 27  | 28   | 29   | 30  | 31       | 1<br>Intro to Cycling<br>1:30 p.m.<br>Fike Upper Fitness Studio |
| 2   | 3   | 4<br>What is Wellness?<br>4-6 p.m. Drop In<br>Wellness Zone                  | 5  | 6   | 7        | 8   |
| 9   | 10  | 11<br>Setting SMART Goals<br>4-6 p.m. Drop In<br>Wellness Zone               | 12<br>Intro to Tabata<br>10:00 a.m.<br>Fike Functional Training Space  | 13  | 14       | 15  |
| 16  | 17<br>Zen In Ten<br>4:15-5:30 p.m.<br>20 minute sessions<br>Fike Lounge | 18<br>Herb Planting<br>4-6 p.m. Drop In<br>Wellness Zone                     | 19   | 20  | 21       | 22  |
| 23<br>Rest, Restore, + Repeat<br>4-6 p.m. Drop In<br>Wellness Zone<br>Body Love Letters | 24<br>How to Fuel Your Body<br>5:00 p.m.<br>Fike Lounge                 | 25<br>Breaking Down Barbie<br>6:00 p.m.<br>Fike Lounge<br>Body Love Promises | 26<br>Mindful Movements<br>3:30-4:30 p.m.<br>Fike Upper Fitness Studio | 27<br>EmBRACE Your Body<br>2:00-3:00 p.m.<br>Fike Lounge<br>FitFest 3:00-5:00 | 28       | 29<br>Werk It: Break It Down<br>4:30 p.m.<br>Douthit Studio 1   |
| 30  | 1   | 2  | 3  | 4   | 5        | 6   |

LOVE YOUR BODY WEEK

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WELLNESS EVENTS  
DROP-IN STYLE PROGRAMS

WELLNESS WORKSHOPS  
REQUIRE SIGN-UP

WELLNESS CLINICS  
REQUIRE SIGN-UP

