

Extended Fitness and Wellness Class Schedule for Reading Period and Exams

We are offering the following free fitness and wellness classes during the final two weeks of the semester. All classes are open to students, faculty, and staff (benefits-eligible staff may include spouses, domestic partners, and dependents).

Monday, May 6

Meditation with Bernie Hershberger

Hypnosis/Visualization for Self-Care During Finals

(Students have permission to record this offering on their phone for future use)

4:30 pm in room 301

Zumba with Bea Blakemore

5:15-6:00 pm in room 213

Tuesday, May 7

Vinyassa Flow Yoga with Melissa Quinby

Noon-1:00 pm in room 213

Barre Fusion with Lindsey Larsen Myer

5:15-6:15 pm in room 301

Buti Yoga with Tanya Grigsby

6:15-7:15 pm in room 213

Wednesday, May 8

Acupuncture with Julie Taylor

4:00-5:30 in the Living Room at 24 College Street

(drop in at any point during this time for a 15-30 minute session)

Yin Yoga with Mae Corwin

6:00-7:15 pm in room 301

Thursday, May 9

Vinyassa Flow Yoga with Melissa Quinby

Noon-1:00 pm in room 213

Spin with Matt O'Donnell

6:15-7:00 pm in room 213

Friday, May 10

Vinyassa Flow Yoga with Melissa Quinby

9:30-10:30 am in room 301

Monday, May 13

Meditation with Bernie Hershberger

Hypnosis/Visualization for Balance, Focus, and Ease of Being

(Students have permission to record this offering on their phone for future use)

4:30 pm in room 301

Tuesday, May 14

Vinyassa Flow Yoga with Melissa Quinby

9:30-10:30 am in room 301

Wednesday, May 15

Vinyassa Flow Yoga with Melissa Quinby

Noon – 1:00 pm in room 301

Thursday, May 16

Vinyassa Flow Yoga with Melissa Quinby

9:30-10:30 am in room 301

Rooms 301 and 213 are both accessible by elevator or stairwell

Sponsored by Student Activities, Human Resources, and Counseling Services