

WELLNESS ACTIVITIES

SPRING TERM

Monday	Tuesday	Wednesday	Thursday	Friday
GOOD MORNING STRETCH 9-10am	YOGA (ASAT) 9-9:30am	MINDFULNESS WALK (ASAT) 9-10am		
		GM STRETCH 10-11am	ZUMBA 10-11am	GOOD MORNING STRETCH 9-10am
YOGA (CLP) 11-12pm	LET'S DANCE (CLP) 11-12pm	CARDIO KICKBOXING 11-12pm	MINDFULNESS (CLP) 11-12pm	RYAN'S WORKOUT (CLP) 11-12pm
-----LUNCH BREAK-----				
NUTRITION 1-2pm		AFTERNOON STRETCH (CLP) 1-3pm	NUTRITION 2-3pm	ZUMBA (CLP) 1-3pm
				HIKING (ASAT) 1-3pm
MOVEMENT MONDAY 3-4pm	AFTERNOON FITNESS 3-4pm	WORKOUT WEDNESDAY 3-4pm	AFTERNOON FITNESS 3-4pm	FITNESS FRIDAY 3-4pm
	LET'S DANCE 4-5pm	YOGA 4-5pm		
CARDIO & YOGA 5-6pm				