

THE WELLNESS CENTER



Yoga



Zumba



Pilates



Conditioning

## Wellness Classes Schedule:

### Mondays

12:00 - 1:00 PM  
4:30 - 5:30 PM  
5:15 - 6:15 PM

Beginner Mat Pilates  
Cardio Conditioning  
Boomercise

Wellness Studio  
Wellness Studio  
2nd Floor Studio

### Tuesdays

12:00 - 1:00 PM  
12:00 - 1:00 PM  
3:00 - 4:00 PM  
5:15 - 6:15 PM  
5:15 - 6:15 PM  
6:30 - 9:30 PM

Mindful Flow Yoga  
Yoga for Wellbeing  
Yoga for HSC Students  
Gentle Yoga after Work  
Zumba  
Intramural Sports



Wellness Studio  
WVU HEB (Rm 101)  
Wellness Studio  
2nd Floor Studio  
CRC Gymnasium  
CRC Gymnasium

### Wednesdays

12:00 - 1:00 PM  
4:30 - 5:30 PM  
4:30 - 5:30 PM  
5:15 - 6:15 PM

Pilates with Props  
Cardio Conditioning  
Yoga for Everybody  
Boomercise

Wellness Studio  
Wellness Studio  
ROC 2 (3040 Univ. Ave)  
2nd Floor Studio

### Thursdays

12:00 - 1:00 PM  
12:00 - 1:00 PM  
5:15 - 6:15 PM  
5:15 - 6:15 PM

Yoga for Inner Balance  
Yoga for Wellbeing  
Gentle Yoga after Work  
Zumba

Wellness Studio  
WVU HEB (Rm 101)  
2nd Floor Studio  
CRC Gymnasium

### Fridays

12:00 - 1:00 PM

Intmed/Advanced Pilates

Wellness Studio