

# FALL WELLNESS

## SEPT. 4 - DEC. 14

### WELLNESS PROGRAMS (WELLNESS STUDIO G-278):

MINDFUL STEPS TO STRESS LESS CLASS SERIES	<b>MONDAYS (SEPT.17-OCT.22) (NOV. 5-DEC. 10)</b>	12:00-1:00PM
WELL-BEING 101 REPEATED WORKSHOP (ROOM G-252F HSC SOUTH)	<b>SEPTEMBER 11, 20, 26, 28</b>	12:00-1:00PM

### WELLNESS STUDIO - GROUND FLOOR HEALTH SCIENCES SOUTH (G-278):

BOOMERCISE	<b>MONDAYS &amp; WEDNESDAYS</b>	5:15-6:15PM
GENTLE YOGA AFTER WORK	<b>TUESDAYS &amp; THURSDAYS</b>	5:15-6:15PM
YOGA: PROFESSIONAL STUDENT	<b>TUESDAYS</b>	3:00-3:50PM
MINDFUL FLOW YOGA	<b>TUESDAYS</b>	12:00-1:00PM
MINDFULNESS MEDITATION	<b>TUESDAYS, WEDNESDAYS &amp; THURSDAYS</b>	(TUES) 11:15-11:35AM (WED) 1:15-1:35PM (THUR) 11:15-11:35AM
STEP FIT	<b>TUESDAYS</b>	4:00-5:00PM
PILATES	<b>WEDNESDAYS &amp; FRIDAYS</b>	12:00-1:00PM
ROCK SOLID RENEW	<b>WEDNESDAYS (SEP 12-OCT 17)</b>	7:00-8:00PM
YOGA FOR INNER BALANCE	<b>THURSDAYS</b>	12:00-1:00PM
KBA: KICKBOXING AEROBICS	<b>THURSDAYS</b>	4:00-5:00PM

### CHESTUT RIDGE CENTER - GYM:

ZUMBA	<b>TUESDAYS &amp; THURSDAYS</b>	5:15-6:15PM
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### WVU MEDICINE UNIVERSITY TOWNE CENTRE - 1ST FLOOR CONF. ROOM 1 A&B:

EARLY MORNING YOGA	<b>FRIDAYS</b>	7:00-7:45AM
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# WELLNESS CENTER MEMBERSHIP

## Who can join the Wellness Center?

The Wellness Center is available to all employees of WVU Medicine, University Health Associates, and students and employees of the WVU Health Sciences Center. Spouses and dependents of employees may join as well. Dependents must be 16 years of age or older to join and if under 18 must be accompanied by a parent at all times.

## How do I join the Wellness Center?

**Current Members:** If you had a membership at the WVU Cancer Center location then please visit the Security/Parking Office on the 4th Floor of Ruby Memorial Hospital between the hours of 8:00 – 10:00 am and 1:00 – 3:00 pm (Monday – Friday) for Galaxy card access to the fitness center. Current members have until September 30th to activate or pick up a card.

**New Members:** Employees and students will need to visit the Wellness office located in Room G-281-A on the ground floor of Health Sciences Center South during the hours of 8:30 – 11:00 am and 1:30 – 4:30 pm (every weekday except Wednesdays) to complete a brief medical history and waiver form and pay a one-time fee of \$10 (approved for Wellness Points). Employee spouses and dependents pay a one-time fee of \$20 (not eligible for Wellness Points).

**Call the Wellness Office at 304-293-2520 for more information.**



WELLNESS