

# FIND YOUR BALANCE

BODYBALANCE BY LESMILLS

***Class is on Thursdays at 5:30 PM***

***March 27 - May 22***

Join our Campus Rec Instructors for a  
Featured Class at the WVU Health  
Sciences Campus!

***Room G-278 on the ground floor of  
Health Sciences Center South***

***OPEN TO ALL WVU STUDENTS,  
EMPLOYEES AND WVU  
MEDICINE WORKERS***



BODYBALANCE: Ideal for  
anyone and everyone!  
You can expect to bend and  
stretch through a series of  
simple yoga moves, elements  
of Tai Chi and Pilates while an  
inspiring soundtrack plays in  
the background.