

FIND YOUR BALANCE

BODYBALANCE BY LESMILLS

Class is on Thursdays at 5:30 PM

January 16th - March 13th

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.