

FIND YOUR BALANCE

BODYBALANCE BY LESMILLS

***Class is on Thursdays at 5:00 PM
September 12th - December 12th***

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.