

FIND YOUR BALANCE

BODYBALANCE BY LESMILLS

Starting Thursday September 12th, at 5:00 PM Running for 6 Weeks

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.