

HEALTH PROMOTION FOR FACULTY AND STAFF
2019 Fall Exercise Class Schedule
August 19th - December 5th 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	Strong Women 7:30 am – 8:15 am Leon Levine Lab Room 340		Strong Women 7:30 am – 8:15 am Leon Levine Lab Room 340
Vinyaasa Flow Yoga (Levels I & II) 11:30 am – 12:30 pm Mt.Mitchell Starts Wed 8/20	High Intensity Interval Training (H.I.I.T.) 11:15 am – 12:15 pm Mt.Mitchell	Vinyaasa Flow Yoga (Levels I & II) 11:30 am – 12:30 pm Mt.Mitchell Starts Wed 8/20	High Intensity Interval Training (H.I.I.T.) 11:15 am – 12:15 pm Mt.Mitchell Vinyaasa Flow Yoga (Levels I & II) 1:00 pm – 2:00 pm Leon Levine Hall Room 340
Strong Women 5:30 pm – 6:15 pm Leon Levine Hall Room 340	Pilates 5:45-6:30 pm Leon Levine Hall Room 340	Strong Women 5:30 pm – 6:15 pm Leon Levine Hall Room 340	Pilates 5:45-6:30 pm Leon Levine Hall Room 340

**** To participate in Mt.Mitchell classes, you must have a membership (Contact SRC) and have your App Card to enter each day. Lockers are available for daily use. Locks can be checked out at the information desk.**

**** Leon Levine Hall 1179 State Farm Road (On the corner of State Farm Rd. and Deerfield Rd.) Go to the 3rd floor, turn rt. off elevator, left down hallway and classroom is the first on your right.**

****For additional group exercise opportunities, go to fitness.appstate.edu.**