

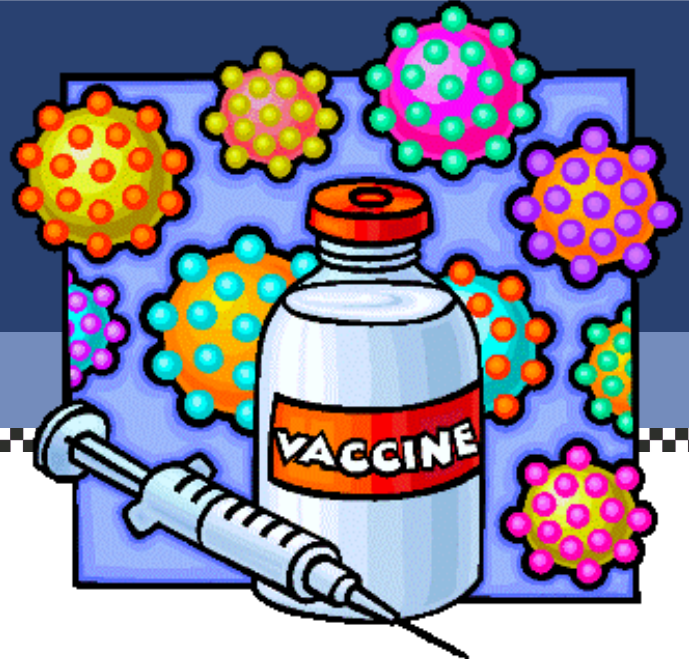
# Fitness Matters

530 Rivers Street

Varsity Gym

Room 12

August 2016



**No Classes:**  
August 8 - 12

**Fall Semester Begins:**  
August 15

**Hours:**

Mon – Thu: 7am-7pm  
Friday: 7am-3pm

**Blood Screening:**  
August 18

**Blood Drive:**  
August 19

## Vaccine Awareness Month

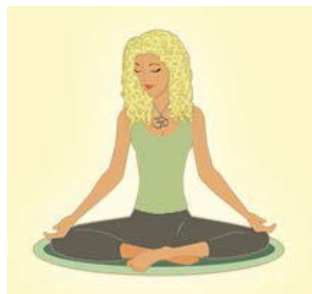
- Also called National Immunization Awareness Month (NIAM), it is observed to spread awareness of vaccines.
- Vaccines aren't just for kids; adults are also susceptible to illnesses like the flu, measles, pneumonia, and more.
- Help spread the word for friends and family to get their vaccines!
- Remind them face-to-face, via social media, and any way possible!

<http://healthfinder.gov/nho/pdfs/augustnhotoolkit.pdf>

# Health Promotion for Faculty & Staff

## FALL 2016 Exercise Schedule

BEGINS Monday, August 15, 2016



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	<b>Strong Women</b> 7:00 am – 7:45 am		<b>Strong Women</b> 7:00 am – 7:45 am
<b>Kettle Bell (new time)</b> 11:00 pm – 11:45 pm		<b>Kettle Bell (new time)</b> 11:00 pm – 11:45 pm	
	<b>Core Conditioning</b> 12:30 pm – 1:00 pm		<b>Core Conditioning</b> 12:30 pm – 1:00 pm
<b>Spin</b> 1:00 pm – 2:00 pm  <b>Vinyaasa Flow Yoga (Levels I &amp; II)</b> 1:00 pm – 2:00 pm	<b>High Intensity Interval Training (HIIT)</b> 1:00 pm – 2:00 pm	<b>Spin</b> 1:00 pm – 2:00 pm  <b>Vinyaasa Flow Yoga (Levels I &amp; II)</b> 1:00 pm – 2:00 pm	<b>High Intensity Interval Training (HIIT)</b> 1:00 pm – 2:00 pm
<b>Strong Women (new time)</b> 5:30 pm – 6:15 pm		<b>Strong Women (new time)</b> 5:30 pm – 6:15 pm	