

Fitness matters January 2016

Health Promotion for Faculty & Staff

FACILITY HOURS

January 11

Regular Hours and

Operations Resume

7 am – 7 pm M – Th.

7 am – 3 pm F

Classes Begin

CLOSED January 18

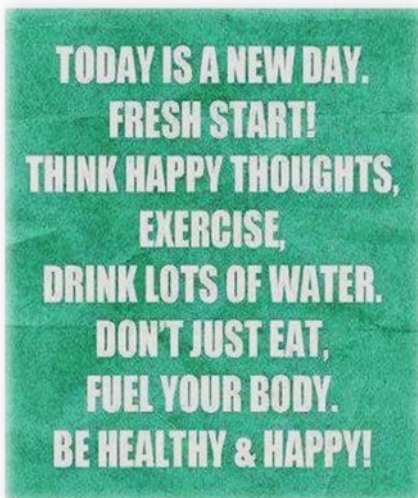
for University holiday

Upcoming early February Events:

Blood Screening
Tuesday, February 2
7:15 – 8:15
(Appointment Required)

FACULTY and STAFF BLOOD DRIVE
Friday, February 5
10:00 – 2:30
Linville Falls Room of PSU

Inspirational Quotes for a Happy and Healthy New Year:



MOTIVATION
IS WHAT GETS YOU STARTED.

HABIT
IS WHAT KEEPS
YOU
going.



the only
bad workout
is the one that
you didn't
do

Health Promotion for Faculty & Staff

SPRING 2016 Exercise Schedule

BEGINS Monday January 11, 2016



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	Strong Women 7:15 am – 8:00 am		Strong Women 7:15 am – 8:00 am
Kettle Bell 11:00 am – 11:45 am		Kettle Bell 11:00 am – 11:45 am	
			Total Body Cardio 11:15 am – 11:45 am
	Zumba 12:00 pm – 1:00 pm		Zumba 12:00 pm – 1:00 pm
	Core Conditioning 12:30 pm - 1:00 pm		Core Conditioning 12:30 pm - 1:00 pm
	High Intensity Interval Training (HIIT) 1:00 pm – 2:00 pm		High Intensity Interval Training (HIIT) 1:00 pm – 2:00 pm
Spin 1:00 pm – 2:00 pm		Spin 1:00 pm – 2:00 pm	
Vinyaasa Flow Yoga (Levels I & II) 1:00 pm – 2:00 pm		Vinyaasa Flow Yoga (Levels I & II) 1:00 pm – 2:00 pm	
	Pilates 3:30 pm – 4:30 pm		Pilates 3:30 pm – 4:30 pm
Strong Women 5:30 pm – 6:15 pm		Strong Women 5:30 pm – 6:15 pm	