Are You Looking For Something New?

Build your core, increase muscular strength and endurance, and work on your flexibility and balance with the TRX® Suspension Trainer. TRX® training is effective for every fitness level as it focuses on using your body weight against gravity. Join us to have some fun on the suspension trainer and learn the 100’s of exercises you can do on just one piece of equipment!

Classes are held on Tuesdays and Thursdays from 12:00-1:00pm

*Limit 10 per class*

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**BLOOD SCREENINGS**

Wednesday June 10, 2015
Tuesday June 23, 2015
Appointment required! Call 262-6314 to schedule

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**Faculty and Staff Blood Drive**

Friday June 26, 2015
Linville Falls Room in Plemmons Student Union
Appointments highly recommended / Walk-ins welcome
Call 262-6314 to Schedule

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**Wellness Wednesday Lunch and Learn**

Holding yourself accountable
Wednesday, June 24, 2015; 12:30 to 1:30 pm; Plemmons Student Union
Register by going to: http://workshops.appstate.edu/detail.aspx?key=1178