

Appalachian State University

530 Rivers Street Boone, NC 28607

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

BLOOD SCREENINGS

Wednesday June 10, 2015

Tuesday June 23, 2015

Appointment required! Call 262-6314 to schedule

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

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>