

Fitness Matters

March 2015

Health Promotion for Faculty and Staff

Blood Screening (Appointment Required)

- Dates: Wednesday, March 18
- Time: 7:15—8:15 am
- Call (828) 262-6314 to schedule an appointment.

Visit our website for a complete list of screenings



Social Dance Class (Partner Necessary)

An instructional dance class for couples featuring a new dance each class

- Dates: Every Wednesday, beginning March 18 through April 29 (six weeks)
- Time: 7:15—8:30 pm
- Price: \$60 per couple



Tom Moore 5K

- Date: Saturday, April 11
- Time: 9:00 am RAIN/SHINE
- Location: Boone Greenway Trail
- Price: \$20 on or before Wednesday, April 8 (\$25 day of event).

For more details, visit 5k.appstate.edu



Spring Break Operating Hours

- Monday, March 9—Friday, March 13
- 10:00 am to 2:00 pm ONLY!
- No exercise classes will be held during this week.

