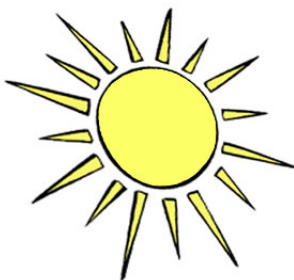




530 Rivers Street
12 Varsity Gym
Boone, NC 28608
healthpromotion.appstate.edu
(828) 262-6314



Fitness Matters

Health Promotion for Faculty and Staff

May 2015

Summer Operating Hours

Week of May 11, 2015: M—Th: 8:00 am to 5:00 pm
Friday: 8:00 am to 3:00 pm

Week of May 18, 2015: M—F: 10:00 am to 2:00 pm

NO EXERCISE CLASSES from May 4 through May 22

Week of May 25—August 7, 2015: M—Th: 7:00 am to 6:00 pm
Friday: 7:00 am to 3:00 pm



TRX Suspension Training Group Fitness

Tuesday & Thursday: Beginning May 26, 2015: 12:00 noon to 1:00 pm

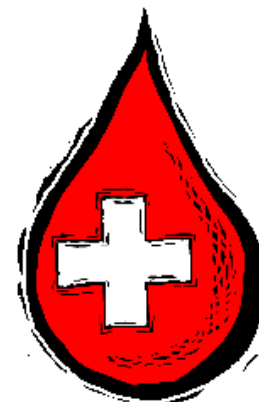
Build your core, increase muscular strength and endurance, and work on your flexibility and balance. Join us to have some fun on the suspension trainer and learn the 100's of exercises you can do on just one piece of equipment! **Limit 10 people per class**

Blood Screening (Appointment Required)

Thursday, May 28, 2015: 7:15 to 8:15 am

APPOINTMENT REQUIRED! Call (828) 262-6314 to schedule an appointment.

Visit www.healthpromotion.appstate.edu/screenings for a complete list of screenings.



Events to Remember: Blood Drive for Faculty & Staff

Friday, June 26, 2015: 10:00 am—2:30 pm

Plemmons Student Union, Linville Falls Room

Appointment highly suggested! Call 262-6314 to schedule.