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.