

SUMMER 2016 WELL-BEING CLASSES

Sponsored by Human Resources

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pilates by Lindsey 12:05 p.m.	Yoga Flow by Stefanie 12:05 p.m.	Pilates by Lindsey 12:05 p.m.	Yoga Flow by Stefanie 12:05 p.m.	Pilates by Mary 12:05 p.m.
Zumba by Elizabeth 5:20 p.m.		Zumba by Elizabeth 5:20 p.m.		

*This program begins on Tuesday, May 17 and runs until mid-August. Classes will be canceled due to university weather closings and on May 30 & July 4.

Pilates

This class features movements designed to stretch, strengthen, and balance the body. With systematic practice of specific exercises coupled with focused breathing patterns, Pilates has proven itself invaluable not only as a fitness endeavor itself, but also as an important adjunct to sports training and physical rehabilitation of all kinds.

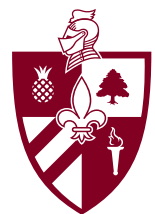
Yoga Flow

In this class you will flow from one yoga posture to another using your breath in order to feel strong, opened and energized. Each class sequence is based on the sun salutation with attention given to breathing, alignment and mindfulness. Modifications will be provided.

Zumba®

Zumba® is an exciting dance aerobic workout that uses footwork and body movements from Salsa, Merengue, Cumbia, and other Latin dances all to the beat of sizzling hot Latin rhythms.

QUESTIONS? Please email Clare Dever, Director of Campus Recreation, at cdever@bellarmine.edu. No registration required. Just walk in! All classes are free and are located at the SuRF, indoor tennis court #3.



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