

JULY Campus Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sunday
<p>1:30 pm Walk for Wellness (Katy's Cottage)</p>	<p>9:30-10:30 am Seated Yoga at CORNELIA w/ Stephanie</p> <p>10 am CHAIR TAI CHI—IPC 2nd floor library</p> <p>10am Chair Exercise SEABURY</p> <p>11:00 am Walk for Wellness (Katy's Cottage)</p> <p>1:30 pm Thera-Band Stretching Rhodes Room</p>	<p>9:30am TAI CHI TERR - 5th floor</p> <p>10:00am STRENGTHENING HULA HOOP Rhodes Room</p> <p>1:30 pm Walk for Wellness (Katy's Cottage)</p> <p>1:30 pm NOODLE EXERCISE Rhodes Room</p> <p>3:30 pm STRETCHING Katy's Cottage</p>	<p>9:30am-10:15am Seated Yoga in Otto Hall w/ Stephanie</p> <p>10 am CHAIR EXERCISE SEABURY</p> <p>11:00 am Walk for Wellness (Katy's Cottage)</p> <p>11:45am LET'S DANCE! OTTO Hall</p>	<p>9:00am YMCA (CH) Functional Fitness</p> <p>9:30am TAI CHI TERR -5th Floor</p> <p>10:00am Ageless Grace- Movement/Music Katy's Cottage</p> <p>10:00am GROUP EXERCISE Rhodes Room</p> <p>1:30 pm Walk for Wellness (Katy's Cottage)</p>	<p>10:00am Chair Exercises—SEA</p> <p>10 am Stronger Seniors DVD Rhodes Room</p> <p>11:45am LET'S DANCE ATRIUM</p> <p>1:30 pm IPC Courtyard Walk</p> <p><u>SUNDAY</u></p> <p>1:30 pm Wii Bowling 1st floor W Lounge</p> <p>5 pm Putting Green 1st floor W Lounge</p>