



WELLCATS

Live. Work. Be Well.

Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Zumba Toning 12:00-12:45 PM Jowers Gym 219	Step it Up! 12:00-12:45 PM Jowers Gym 219	HIIT Fusion 12:00-12:45 PM Jowers Gym 219	Kickbox Bootcamp 12:00-12:45 PM Jowers Gym 219	Stabilize & Strengthen 12:00-12:45 PM Jowers Gym 219
Yoga Flow 12:00-12:45 PM Jowers B105		Yoga Flow (Hybrid) 12:00-12:45 PM In-Person Jowers B105 Zoom ID 927 5253 7893		
	Lifting 101 12:00-12:45 PM Jowers Weight Room 118		Lifting 101 12:00-12:45 PM Jowers Weight Room 118	
	Strength, Stretch, No Sweat! 12:05-12:35 PM RRC - Avery 110	WellCats Walk 12:05-12:35 PM RRC	Strength, Stretch, No Sweat! 12:05-12:35 PM RRC - Avery 110	
	Afternoon Stretch Break 3:00- 3:15PM WellCats Teams Channel		Afternoon Stretch Break 3:00- 3:15PM WellCats Teams Channel	



Scan to visit the WellCats Events Calendar for other services and events including PAN Cooking Classes, Wellness Education Series, and more!