

Facebook Live Fall 2020



Welborn Foundation
Wellness & Fitness Center



⇒ **Mondays**

Self-Care Yoga 12:00 - 12:45

⇒ **Tuesdays**

Butts & Guts 12:00 - 12:30

⇒ **Wednesdays**

15-Minute Abs 11:30 - 11:45

⇒ **Thursdays**

**Beginner Total Body Strength
12:00 - 12:30**



Last Wednesday of the Month

Cardio Dance 12:00 - 12:30

All Fitness Levels Welcome.