



# Summer Wellness Classes




June 13 - August 3

## Fit & Fab & Fun

Tuesdays: 11:30 - 12:00


This class will incorporate exercises with body weight, exercise tools, and stretching, balancing, and relaxation exercises. We will meet outside sometimes, weather permitting. You will learn something new each week. All fitness levels welcome.



## Walkie Talkies

Wednesdays: 11:30- 12:15

Join us for walks and talks around campus and the neighborhood. This group will make at least two field trips to Market on Main, too.



[www.ivytech.edu/wellandfit](http://www.ivytech.edu/wellandfit)

Facebook and Instagram: @ivytechwellandfit



Welborn Foundation  
Wellness & Fitness Center

