

FALL

Wellness Classes

AUGUST 21 - OCTOBER 11

Meditation Monday

Second and Fourth Mondays of the Month: 11:30 - 11:45

Practice relaxation techniques to help you relax, clear your mind and become more focused to take on the week.

Total Body Strength

Tuesdays: 11:30- 12:00

Improve your strength and balance in this circuit training workout designed for all fitness levels.

Walkie Talkies

Wednesdays: 11:30- 12:00

Join us in promoting social and physical wellness as we enjoy fun conversations while walking around campus and the neighborhood.



**Welborn Foundation
Wellness & Fitness Center**

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