

BODY AND MIND FITNESS CLASSES

Summer 2024

MONDAYS

MINDFULNESS MONDAYS

11:30-12:00

Ease into your week with meditation and light stretching.

TUESDAYS

WALKIE TALKIES

11:30-12:00

Peer-led walking group to improve mental and physical wellbeing.

WEDNESDAYS

FUNCTIONAL STRENGTH TRAINING

11:30-12:00

This class emphasizes functional movements, such as squats, lunges, pushing, pulling, and twisting, to improve everyday movement patterns and overall strength. Beginners encouraged to attend.



Welborn Foundation
Wellness & Fitness Center