





OSU Center for Wellness and Prevention

EXERCISE CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Stretching 8:00 (Purple Room)</p> <p>Body Recall 10:30 (Purple Room)</p>  <p>Gentle Yoga 5:15 (Purple Room)</p>	<p>Body Recall 10:30 (Purple Room)</p> <p>Buckeye Breathers Exercise Class 1:30 (Purple Room)</p> <p>Yoga Level 2 5:15 (Purple Room)</p> <p>Body Sculpting 5:30 (GYM)</p>	<p>Stretching 8:00 (Purple Room)</p>  <p>Beginner Strength and Balance Ball 5:15 (GYM)</p> <p>Gentle Yoga 5:15 (Purple Room)</p>	<p>Body Recall 10:30 (Purple Room)</p> <p>Buckeye Breathers Exercise Class 1:30 (Purple Room)</p> <p>Gentle Yoga 5:30 (Purple Room)</p> <p>Body Sculpting 5:30 (GYM)</p>	<p>Stretching 8:00 (Purple Room)</p> 	<p>Body Sculpting 9:00 (GYM)</p> 

GYM- located on the second floor of the Pavilion.

Purple Room- located through the double doors of the hallway to the right of the CWP.

HOTLINE: 366-2773 for any class cancellation or changes.





CWP HOURS M-TH 6am -9:30pm, Fri 6am-7:00 pm, Sat 8am-4pm, Sun 1pm-5pm



(Class descriptions on other side)

OSU Center for Wellness and Prevention

WARM WATER POOL CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Intermediate Water Movement 9:30-10:15</p> <p>Level 1 Water Movement 10:30-11:15</p> <p>Level 1 Water Movement 11:30-12:15</p> <p>Open Water 12:30-1:15</p>		<p>Intermediate Water Movement 9:30-10:15</p> <p>Level 1 Water Movement 10:30-11:15</p> <p>Level 1 Water Movement 11:30-12:15</p> <p>Open Water 12:30-1:15</p>		<p>Intermediate Water Movement 9:00-9:45</p> <p>Level 1 Water Movement 10:00-10:45</p> <p>Open Water 11:00-11:45</p>
<p>Intermediate Water Movement 5:00-5:45 PM</p> <p>Creative Water Movement 6:00-6:45 PM</p>		<p>Intermediate Water Movement 5:00-5:45 PM</p> <p>Creative Water/ Intermediate Movement 6:00-6:45 PM</p>	<p>Intermediate Water Movement 5:00-5:45 PM</p> <p>Creative Water Movement 6:00-6:45 PM</p>	<p>Pool Not Available</p>	

Warm Water Classes are designed to help reduce pain and increase functionality for individuals with musculoskeletal problems, obesity and other physical problems. Many individuals attend warm water classes for maintenance after they graduate from physical therapy. Membership to the Center for Wellness and Prevention is required along with physician referral for participation. Please stop by the front desk for referral form

Hotline Number: 366-2773 for any class cancellation or changes
CWP HOURS M-TH 6am -9:30pm, Fri 6am-7:00 pm, Sat 8am-4 pm, Sun 1 pm-5pm