




# OSU Center for Wellness and Prevention

## EXERCISE CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Stretching</b> 8:00-8:30am  <b>Body Recall</b> 10:30-11:30am    <b>Gentle Yoga</b> 5:15-6:30pm	<b>Body Recall</b> 10:30-11:30am  <b>Body Sculpting</b> 4:10-5:10pm (10 participants per class)  <b>Yoga Level 2</b> 5:15-6:30pm	<b>Stretching</b> 8:00-8:30am    <b>Gentle Yoga</b> 5:15-6:30pm	<b>Body Recall</b> 10:30-11:30am  <b>Body Sculpting</b> 4:10-5:10pm (10 participants per class)  <b>Gentle Yoga</b> 5:30-6:45pm	<b>Stretching</b> 8:00-8:30am    	<b>Body Sculpting</b> 9:00-10:00am (10 participants per class)

All classes are held in the **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)