

INSTRUCTIONAL WELLNESS SESSIONS

15- to 30-minute sessions (depending on number of participants) to enhance your wellness experience by showing you varied wellness activities and techniques. The main focus of these sessions is to perfect proper body alignment through movement and exercise and to allow you to get the maximum benefit out of your workouts. NOTE: These are NOT group exercise classes conducted to music.

Mondays

8:30 - 9:00 am



Geoff Knafou
Basketball Gym
Athletic Intervals
(Intervals/Speed/Strength Drills)

Tuesdays

9:05 - 9:30 am

Rhonda Tingle
Racquetball Court-C
Awesome Abs
(How to train core abdominals/different positions)