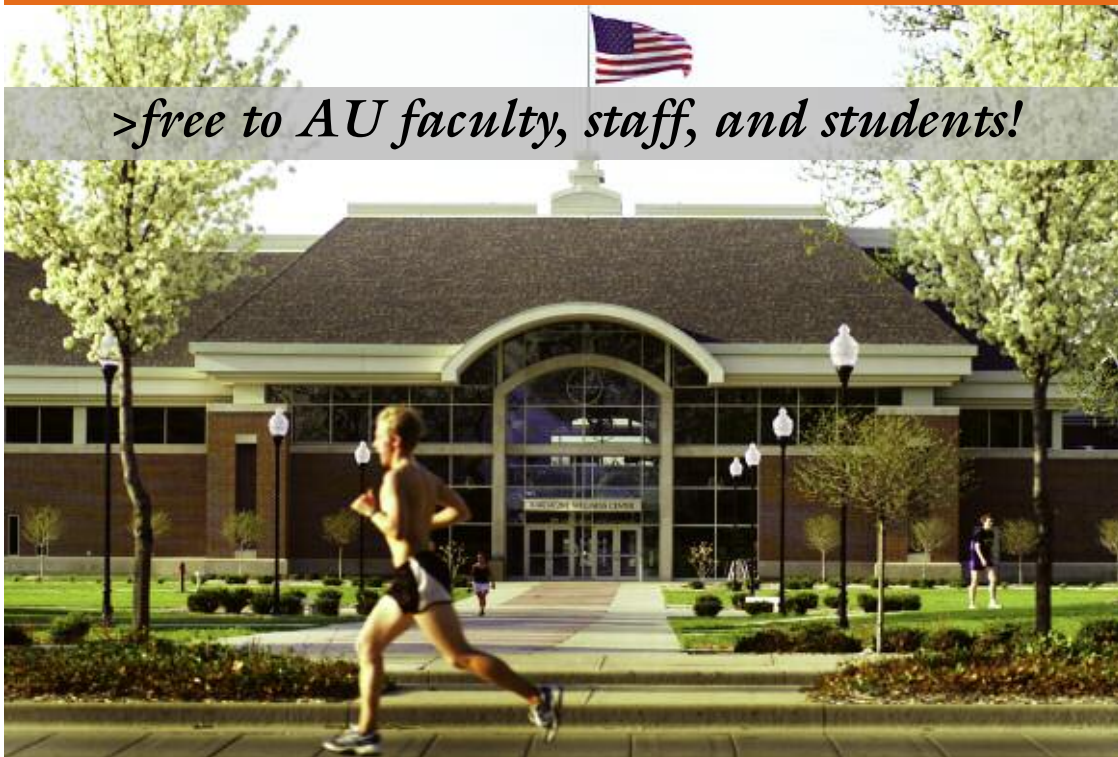


Wellness Programs

>> February



>free to AU faculty, staff, and students!

>Wellness/Fitness Programs

- **Bridges Massage Therapy:** By appointment only. Fee is \$25 for a half-hour, \$45 for an hour. Call 649-2858.
- **Personal Training:** Hire a personal trainer for one session or multiple sessions to get going on a safe and effective workout program. Fee is \$12 per hour. Call Connie at 641-4537.
- **Exercise Video Workout:** Bring your favorite exercise DVD or borrow one of ours. KWC #153, anytime during regular KWC hours.

>Wellness Seminars

E-mail crhippensteel@anderson.edu to sign up.
(“A Healthy U” participants receive 5 points.)

- **Nutrition:** The Anti-Inflammation Diet. Fri., Feb. 3*.
- **Stress Management:** Power Sleep: Tips for Getting a Better Night’s Sleep. Mon., Feb. 6*.
- **Stress Management:** Singing in a Circle. Come to sing or just to relax and listen. Wed., Feb. 8* and Wed., Feb. 22*.
- **Fitness:** Healthy Backs: Exercises and Tips for Avoiding Back Pain. Mon., Feb. 13*.
- **Stress Management:** Using Humor to Reduce Stress. Fri., Feb. 17*.

*All sessions are at 12 Noon in KWC #164. Please RSVP intention to attend. Feel free to bring a sack lunch.



>Group Exercise Classes

(in dance studio unless listed otherwise...)

- **Zumba** Mon.: 5:30-6:30 p.m.
Wed.: 7-8 p.m.
- **Kickboxing** Tues., Thurs.: 7-8 p.m.
- **Self-Defense** Wed.: 5-6 p.m.
- **Cardio Dance** Thurs.: 5:30-6:30 p.m.
- **Water Aerobics** Mon., Wed., Thurs.: 5-6 p.m.
(Bennett Natatorium)
- **Mind-Body Fitness** Tues.: 5:15-6:15 p.m.
(faculty/staff only)
- **Stability Balls/Bands/Tubes** Sat.: 10-11 a.m.

