## SUMMER OFFERINGS

### Weekly at 12:10-12:55 pm
- Basketball - M/W/F
- Pilates - M/W
- Water Fitness - M/W/F
- Badminton - Tu/Th
- Yoga - Tu/Th (Starts 5/22)
- Torch Strength - F
- Weight Watchers at Work - F

### Location
- Rains Center Voelkel Gym
- Rains Center MacLeod Room
- Haldeman Pool
- Rains Center Memorial Gym
- Rains Center MacLeod Room
- Rains Center MacLeod Room
- Rains Center Classroom

### Weekly After Work at 4:45-5:45 pm
- Cardio Kickboxing - M/W
- Yoga - M/W
- Zumba - Tu/Th (Tu @ 5:15-6:15 pm)

### Location
- Rains Center MacLeod Room
- Gray Space @ Studio Art Hall
- Rains Center MacLeod Room

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Learn more about FSFW at:

[www.sagehens.com/information/staff_wellness](http://www.sagehens.com/information/staff_wellness)