## Wellness Schedule of Events
### Summer 2014

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cardio Room Orientation</td>
<td>June 4</td>
<td>9am</td>
<td>Wellness Center</td>
</tr>
<tr>
<td>Weight Room Orientation</td>
<td>June 4</td>
<td>9am</td>
<td>Wellness Center</td>
</tr>
<tr>
<td>Blood Pressure &amp; Body Fat</td>
<td>June 11</td>
<td>11am</td>
<td>N-104</td>
</tr>
<tr>
<td>Cardio Room Orientation</td>
<td>June 17</td>
<td>5pm</td>
<td>Wellness Center</td>
</tr>
<tr>
<td>Weight Room Orientation</td>
<td>June 17</td>
<td>5pm</td>
<td>Wellness Center</td>
</tr>
<tr>
<td>Walk and Talk</td>
<td>June 18</td>
<td>11am</td>
<td>Wellness Center</td>
</tr>
<tr>
<td>Stretch Trainer Orientation</td>
<td>June 25</td>
<td>11am</td>
<td>Wellness Center</td>
</tr>
<tr>
<td>Boot Camp Workout</td>
<td>July 2</td>
<td>12 noon</td>
<td>Wellness Center</td>
</tr>
<tr>
<td>Weight Room Orientation</td>
<td>July 16</td>
<td>9am</td>
<td>Wellness Center</td>
</tr>
<tr>
<td>Cardio Room Orientation</td>
<td>July 16</td>
<td>9am</td>
<td>Wellness Center</td>
</tr>
<tr>
<td>Blood Pressure Body Fat</td>
<td>July 23</td>
<td>11am</td>
<td>N-104</td>
</tr>
<tr>
<td>Stretch Trainer Orientation</td>
<td>July 25</td>
<td>10am</td>
<td>Wellness Center</td>
</tr>
<tr>
<td>Weight Room Orientation</td>
<td>July 29</td>
<td>7pm</td>
<td>Wellness Center</td>
</tr>
<tr>
<td>Cardio Room Orientation</td>
<td>July 29</td>
<td>7pm</td>
<td>Wellness Center</td>
</tr>
<tr>
<td>Washers &amp; Horseshoes</td>
<td>July 30</td>
<td>4pm</td>
<td>Wellness Center</td>
</tr>
<tr>
<td>Walleyball, Faculty vs Students</td>
<td>Aug 6</td>
<td>3pm</td>
<td>Wellness Center</td>
</tr>
<tr>
<td>Blood Pressure &amp; Body Fat</td>
<td>Aug 13</td>
<td>11am</td>
<td>N-104</td>
</tr>
<tr>
<td>Badminton Tournament</td>
<td>Aug 13</td>
<td>4pm</td>
<td>Wellness Center</td>
</tr>
</tbody>
</table>

**Mon. - Aerobics  
Tues. - Pilates  
Wed. - Yoga  
Thurs. - ZUMBA 4:30-5:30**

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**Paul Dempsey**  
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