

# Wellness & Recreation

STETSON UNIVERSITY

## Fall 2020 Group Exercise Schedule

(October 12th - November 19th)

MONDAY			
8:30 - 9:00am	BodyWorX	Live Zoom	Frankie
5:30-6:00pm	Contemplative Practices for Mental Wellness	Live Zoom	Morris
TUESDAY			
9:00 - 9:30am	Meditation	Live Zoom	Lindsey
WEDNESDAY			
9:00 - 9:30am	Meditation	Live Zoom	Lindsey
4:45-5:30pm	Yoga	Libby Lawn	Lua
5:30-6:00pm	Contemplative Practices for Mental Wellness	Live Zoom	Morris
THURSDAY			
8:30 - 9:00am	BodyWorX	Live Zoom	Frankie

### Group Exercise Tips

You may register up to 24hrs in advance via the Wellness and Rec app.

Most classes will be offered live through Zoom. The link and password will be emailed to registered participants 15 minutes before the start of the class.

Face to face classes are offered outdoors. In the event of inclement weather classes will be canceled. Participants are encouraged to watch a recorded class available on the Wellness and Rec website.

For more information contact us at [wellnessandrec@stetson.edu](mailto:wellnessandrec@stetson.edu) or 386-822-7237.