

BODY AND MIND FITNESS CLASSES

SPRING 2024

Begins January 22

Mondays Mindfulness Mondays 11:30 - 11:50

Ease back into your week with meditation and light stretching.

Tuesdays Walkie Talkies 11:30 - 12:00

Peer-led walking group to improve mental and physical wellbeing.

Wednesdays Functional Strength Training 11:30 - 12:00

This class emphasizes functional movements, such as squats, lunges, pushing, pulling, and twisting, to improve everyday movement patterns and overall strength. Beginners encouraged to attend.

Thursdays Walkie Talkies 1:00 - 1:30

Peer-led walking group to improve mental and physical wellbeing.

Thursdays Pop-Up Fitness 11:30 - 12:00

Stay tuned for pop-up classes incorporating indoor cycling, dance, and workouts with fun themes



Welborn Foundation
Wellness & Fitness Center

