

Wellness Activity Calendar

June 2022

Monday	Tuesday	Wednesday	Thursday	Friday
30 Memorial Day	31	1 Wind Down Wednesday Indoor Yoga 4:30pm University Recreation & Wellness Center <i>*Bring your own mat or towel</i>	2	3 Fitness Friday Start your morning with a 30-minute walk through our beautiful campus. Boost your mood, practice self-care & increase your energy levels.
6	7	8 Wind Down Wednesday Indoor Yoga 4:30pm University Recreation & Wellness Center <i>*Bring your own mat or towel</i>	9	10 Fitness Friday Start your morning with a 30-minute walk through our beautiful campus. Boost your mood, practice self-care & increase your energy levels.
13	14	15 Wind Down Wednesday Indoor Yoga 4:30pm University Recreation & Wellness Center <i>*Bring your own mat or towel</i>	16	17 Fitness Friday Start your morning with a 30-minute walk through our beautiful campus. Boost your mood, practice self-care & increase your energy levels.
20	21	22 Wind Down Wednesday Indoor Yoga 4:30pm University Recreation & Wellness Center <i>*Bring your own mat or towel</i>	23	24 Fitness Friday Start your morning with a 30-minute walk through our beautiful campus. Boost your mood, practice self-care & increase your energy levels.
27	28	29 Wind Down Wednesday Indoor Yoga 4:30pm University Recreation & Wellness Center <i>*Bring your own mat or towel</i>	30	