

WELLNESS

FREE WELLNESS OFFERINGS

“5 Treasures” Qigong for Stress Relief...

Mondays: Jan. 23 – Mar. 26

WH Auditorium: 12 – 1 p.m.

“Five Treasures” is a short, easy to learn, set of Qigong exercises. Specific attention on coordination of breath, posture and intention. This is a more in-depth approach compared to the drop-in classes on Wed. & Fri.

Qigong, Mindfulness & Tai Chi Easy® for Stress Reduction Classes

Ongoing Wednesdays

WH Auditorium: 7-8 a.m.

Ongoing Fridays

WH Auditorium: Noon - 12:45 p.m.

FITNESS CLASSES

Yoga

Tuesdays: Jan. 3 – Feb. 21

Wilson Hall Auditorium: Noon – 1 p.m.

Fee: \$85/person



Kyuki-Do Martial Arts Class

Mondays & Wednesday: Jan. 4 – Feb. 15

Fitness Center: 5 – 6 p.m.

Fee: \$55/person

Butts & Guts

Thursdays: Jan. 5 – Feb. 23

Fitness Center: 12 – 12:45 p.m.

Fee: \$53/person

Zumba

Wednesdays: Jan. 11 – Feb. 29

Fitness Center: Noon – 12:45 p.m.

Fee: \$45/person

Fridays: Jan. 13 – Mar. 2

Fitness Center: Noon – 12:45 p.m.

Fee: \$45/person



Muscle Toning

Tuesdays & Thursdays: Jan. 24 – March 15

Fitness Center: 5:30 – 6:30 p.m.

Fee: \$77/person

DISCOUNTS

Disney on Ice. . . Dare to Dream

United Center: Feb. 1-12

Movie Tickets

Goodrich Tickets \$8.00

AMC & Regal Theater Tickets \$7.00 - \$8.00



For more info on these and other discounts...

<http://wdrs.fnal.gov/wellness/convenience.html>



Hosted by the Recreation Department,
an Office of Workforce Development & Resources Section

<http://wdrs.fnal.gov/recreation/index.html>