

# RELAX. REFRESH. RENEW.

## SPRING 2020 WEEKLY WELLNESS DROP-IN CLASSES

The Byron Gym walking track is open weekdays from 12:00-1:30 p.m.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

12PM

### YOGA FLOW

12:15PM - 12:45PM  
Royals Room, Byron Center

### GENTLE YOGA

12:15PM - 12:45PM  
Royals Room, Byron Center

1PM

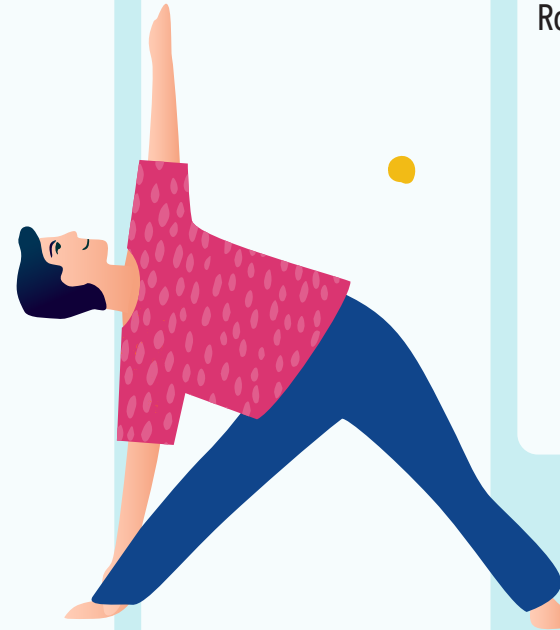
2PM

3PM

4PM

5PM

6PM



### MINDFULNESS MEDITATION

5:00PM - 5:30PM  
LSC 127

### MINDFULNESS MEDITATION

5:00PM - 5:30PM  
LSC 127

### ENERGIZING YOGA

5:00PM - 6:00PM  
Royals Room, Byron Center

### POUND

6:00PM - 6:45PM  
Royals Room, Byron Center

### ENERGIZING YOGA

6:00PM - 7:00PM  
Royals Room, Byron Center

**FREE**  
FOR STUDENTS,  
FACULTY, & STAFF

THE UNIVERSITY OF  
**SCRANTON**  
A JESUIT UNIVERSITY

CENTER FOR HEALTH  
EDUCATION AND WELLNESS

Sign up to receive class updates at [CHEW@scranton.edu](mailto:CHEW@scranton.edu)  
For more info, please visit [scranton.edu/CHEW](http://scranton.edu/CHEW)