

JANUARY FITNESS FRENZY

MONDAY JAN 1

OFF - HOLIDAY

TUESDAY JAN 2

NO CLASSES

WEDNESDAY JAN 3

Outdoor Walking with
Intention with Heidi
Selzler-Bahr
Meet at 3 flags
4-4:45p

THURSDAY JAN 4

Meditation by the Counseling
Center 10am : Bonnier
Multifaith Center

Yoga with Kelly Holland
11:30-12:15p, Lund 277

Pickleball with Troy Banse
Noon-1pm, LUND BLUE

FRIDAY JAN 5

Pilates with
Rachel More
1:30-2:05pm
Lund 277

MONDAY JAN 8

Pyramid Class with
Laurie Kelly
12-12:30p
Lund 276

TUESDAY JAN 9

Balance Class with
Stephanie Otto
11:30-Noon, Lund 276

Badminton with Troy Banse
Noon-1pm, LUND BLUE

WEDNESDAY JAN 10

TRX with Troy Banse 12-
12:30pm, Lund Center
TRX Room

Outdoor Walking with
Intention with Heidi
Selzler-Bahr
Meet at 3 flags
4-4:45p

THURSDAY JAN 11

Meditation by the Counseling
Center 10am : Bonnier
Multifaith Center

Yoga with Kelly Holland
11:30-12:15p, Lund 277

Pickleball with Troy Banse
Noon-1pm, LUND BLUE

FRIDAY JAN 12

Water Kayaking/
Paddleboarding
with Mark Hanson 10-12pm:
Lund Pool
limit 6 ppl; 3-30 min sessions
*Registration Required

Core & More
with Rachel More
1:30-2:05pm, Lund 277

JANUARY FITNESS FRENZY

MONDAY JAN 15

Pyramid Class with
Laurie Kelly
12-12:30p
Lund 276

TUESDAY JAN 16

Balance Class with
Stephanie Otto
11:30-Noon, Lund 276

Badminton with Troy Banse
Noon-1pm, LUND BLUE

WEDNESDAY JAN 17

Outdoor Walking with
Intention with Heidi
Selzler-Bahr
Meet at 3 flags
4-4:45p

THURSDAY JAN 18

Meditation by the Counseling
Center 10am : Bonnier
Multifaith Center

Yoga with Kelly Holland
11:30-12:15p, Lund 277

Pickleball with Troy Banse
Noon-1pm, LUND BLUE

FRIDAY JAN 19

TRX with Troy Banse 12-
12:30pm, Lund Center
TRX Room

MONDAY JAN 22

Pyramid Class with
Laurie Kelly
12-12:30p
Lund 276

TUESDAY JAN 23

Balance Class with
Stephanie Otto
11:30-Noon, Lund 276

Badminton with Troy Banse
Noon-1pm, LUND BLUE

WEDNESDAY JAN 24

TRX with Troy Banse 12-
12:30pm, Lund Center
TRX Room

Outdoor Walking with
Intention with Heidi
Selzler-Bahr
Meet at 3 flags
4-4:45p

THURSDAY JAN 25

Meditation by the Counseling
Center 10am : Bonnier
Multifaith Center

Yoga with Kelly Holland
11:30-12:15p, Lund 277

Pickleball with Troy Banse
Noon-1pm, LUND BLUE

FRIDAY JAN 26

**Movement Meditation
with Melissa Rolnick
12-12:45pm
Bonnier Multifaith Center**

NO CLASSES OVER TOURING BREAK - - ATTEND GUSTAVUS PROFESSIONAL DEVELOPMENT SESSIONS!