

A-State Faculty & Staff | Red Wolf Wellness Classes

Monday	Tuesday	Wednesday	Thursday	Friday
<u>*Fit Wolves Boot Camp</u> 6:30 A.M. - 7:00 A.M. 12:00 P.M. - 12:30 P.M. 4:30 P.M. - 5:00 P.M. 5:15 P.M. - 5:45 P.M.	<u>*Fit Wolves Boot Camp</u> 6:30 A.M. - 7:00 A.M. 11:30 A.M. - 12:00 P.M. 4:30 P.M. - 5:00 P.M. 5:15 P.M. - 5:45 P.M.	<u>*Fit Wolves Boot Camp</u> 6:30 A.M. - 7:00 A.M. 12:00 P.M. - 12:30 P.M. 4:30 P.M. - 5:00 P.M. 5:15 P.M. - 5:45 P.M.	<u>*Fit Wolves Boot Camp</u> 6:30 A.M. - 7:00 A.M. 11:30 A.M. - 12:00 P.M. 5:15 P.M. - 5:45 P.M.	<u>*Fit Wolves Boot Camp</u> 6:30 A.M. - 7:00 A.M. 12:00 P.M. - 12:30 P.M. 4:30 P.M. - 5:00 P.M.
<u>Yoga</u> 11:00 A.M.-11:45 A.M.	<u>Yoga</u> 11:30 A.M.-12:15 P.M.	<u>Yoga</u> 11:00 A.M.-11:45 P.M.	<u>Total Body Circuit</u> 5:15 P.M. - 6:00 P.M.	<u>Classic Yoga</u> 12:30 P.M. - 1:15 P.M.
	<u>Total Body Circuit</u> 5:15 P.M. - 6:00 P.M.			

All in-person classes require an RSVP via the Band App. Join the Band App via the link or the QR Code.
<https://band.us/n/a4a45bl1b8K5j>

HPESS Wellness Center Hours:

Currently Open to A-State Faculty & Staff | Monday-Thursday 6am – 7 pm & Friday 6am -6 pm
 PLEASE READ THE BACK PAGE OF THE SCHEDULE BEFORE PARTICIPATING IN CLASSES

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Contact Spencer Bradley at 870.972.3974 or email sbradley@astate.edu for more information.

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The Department of Wellness and Health Promotion and the University does not carry any insurance program to cover participants. Participation in any wellness activity is voluntary. All participants are strongly encouraged to undergo a health evaluation and consult with their physician indicating the fitness level appropriate for strenuous activity before participating in any wellness activity.

Only Red Wolf Wellness members are allowed to participate, if you are not a current member please visit HPESS room 106 during normal business hours to register for your membership. All A-State Faculty & Staff receive a complimentary Red Wolf Wellness membership that includes HPESS Wellness Center access and access to various other programs.

Class Descriptions:

Classic Yoga- A steady practice with an emphasis on flexibility, balance, concentration, and breath control. Each class is based on physical postures, deep breathing, and mindfulness. Low impact. All fitness levels. 45 min

Fit Wolves Boot Camp- FWBC is a challenging, but fun HIIT workout. Members can expect a fat torching and muscle-sculpting workout focusing on strength routines paired with cardiovascular bursts. Low - Moderate impact. All fitness levels. 30 min

Total Body Circuit- Grab a great functional workout session with this class. TBC combines the use of bodyweight training and portable exercise equipment. This variation keeps your body guessing and gets you the results you deserve. Low impact. All fitness levels. 45 min

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