

A-State Faculty & Staff | Red Wolf Wellness Classes

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Level-Up Training</u> Reservation Required 6:30-7:15 A.M. 12:00-12:45 P.M. 4:30-5:15 P.M.	<u>Level-Up Training</u> Reservation Required 6:30-7:15 A.M. 12:00-12:45 P.M. 4:30-5:15 P.M. 5:15 P.M. - 6:00 P.M.	<u>Level-Up Training</u> Reservation Required 6:30-7:15 A.M. 12:00-12:45 P.M. 4:30-5:15 P.M.	<u>Level-Up Training</u> Reservation Required 6:30-7:15 A.M. 12:00-12:45 P.M. 4:30-5:15 P.M. 5:15 P.M. - 6:00 P.M.	<u>Level-Up Training</u> Reservation Required 6:30-7:15 A.M. 12:00-12:45 P.M. 4:30-5:15 P.M.
	<u>Yoga</u> Instructor: Megan 11:00 A.M. - 11:45 A.M. <i>ROOM 301</i>		<u>Yoga</u> Instructor: Megan 11:00 A.M. - 11:45 A.M. <i>ROOM 301</i>	<u>Yoga</u> Instructor: Amanda 12:30 P.M. - 1:15 P.M. <i>ROOM 301</i>

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:

Level Up Training- Join the A-State Level-Up workout community! We utilize heart rate monitored training to get the most out of each workout! Every workout includes a mix of both strength and cardio training. Please contact us for info on signing up for this program. All fitness levels. 45 min.

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

HPESS Wellness Center Hours:

Open Monday-Thursday 6am – 7 pm & Friday 6am-6 pm

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