

FITNESS CENTER NEWSLETTER

April Showers bring May Flowers

Spring is a season for renewal, regrowth, and rebirth. In order for the renewal to take place there must be a period of rain. Just as the saying "April Showers bring May flowers" let's also relate that to our health and wellness state of being. With this in mind, consider trying some new, fresh approaches to rejuvenate & revive you to a New You this spring:

- **Spend More Time Outside:** Get out of the winter hermit crab mentality and take advantage of the warm weather and get some sunlight. We need approximately 20-30 minutes of sunlight a day to get the adequate amount of vitamin D and get a mental boost. This can make a huge difference on one's emotional health.
- **Take deeper breaths to bring in the freshness of the Earth.** Deep breathing can be therapeutic and have noticeable health benefits. Breathing is essential to life. Springtime with all the freshness of new life blooming throughout our local areas is the perfect time to appreciate the power of our breath. Breathing takes you to the very core of who you are.
- **Commit to Learning/Doing Something New:** Learning something new helps you stimulate your brain and keep it active. You are also more easily and readily to adapt to new situation. So, as we prepare for the end of the semester think of ways to challenge yourself this summer. Pick up a new hobby, read a non-fiction book, or just explore the new happenings around you.

12:40 YOGA!

Please call FC about Summer Yoga classes.

ZUMBA!!

Starting May 1st. Zumba will be offered on Tues. & Thurs. at 5:15pm in the Fitness Center.

Fit. Ctr Hours:

Mon.-Fri.: 6:30a-10p
Friday: 6:30am-8p
Saturday: 1pm-6pm
Sunday: 3pm-10pm

Campus Spotlight

Awards Day

Wednesday, April 19:

12:30p-1:30p @ Daniel's Plaza

Beaux Arts Weekend

Friday, April 27-Sunday, April 29:

Events are in Various Locations

Undergrad/Grad. Commencement

Sunday, May 6:

2pm @ Steven Center

High School Commencement

Sunday, May 19:

10am @ Steven Center

Fitness Center Summer Hours

Starting Monday, May 21st:

Monday-Friday: 7am-8pm

Saturday & Sunday: CLOSED