

NEW!

FITNESS FRIDAYS

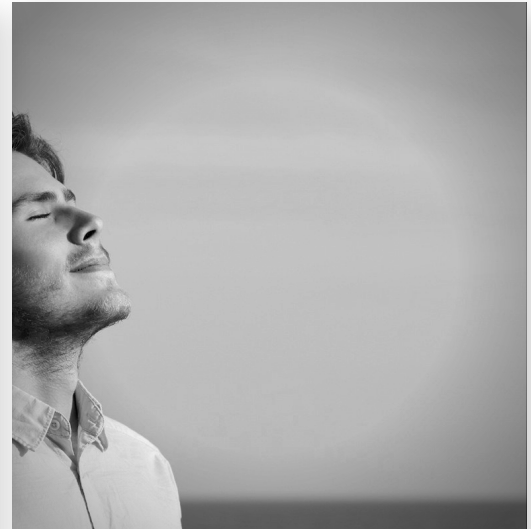
STRESS RELIEF AND MANAGEMENT



STRETCH



STRENGTHEN



BREATHE

Invigorate your body, relax your mind! Fitness Fridays are designed to help you build strength, gain flexibility, and improve your balance. Stress reduction and management techniques are taught along with gentle stretching and strengthening exercises to release tension in your body and mind.

11:15AM-12:15PM

GYM 214

OCT. 2017 10/13 | 10/20 | 10/27 **NOV. 2017** 11/3 | 11/17 **DEC. 2017** 12/1 | 12/8 **JAN. 2018** 1/19 | 1/26
FEB. 2018 2/2 | 2/9 | 2/23 **MAR. 2018** 3/2 | 3/23 | 3/30 **APR. 2018** 4/6 | 4/13 | 4/20 | 4/27
MAY 2018 5/4 | 5/11 | 5/18 **JUNE 2018** 6/4 (MONDAY)

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JUNE 2018

6/4 (MONDAY)

**11:15AM-
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What to Bring

- Yoga mat; props will be provided.
- Water
- A towel
- A sense of humor 😊

What to Wear

Exercises are done barefoot, no shoes are required. Socks can be worn, but may cause slipping. Most workout and gym clothes are suitable. Semi-fitted or fitted athletic attire is recommended.

Considerations

- Plan to arrive 5 minutes early and to stay through the entirety of the class.
- Please keep cellphones on silent or turned off.
- Seek a physician's approval prior to participation for injuries or conditions that may limit or prohibit mobility.

80%

OF PEOPLE FEEL
STRESS ON THE JOB

69%

PERCENT OF PEOPLE
REPORT PHYSICAL
DISCOMFORT DUE
TO STRESS SUCH AS
HEADACHES AND
SLEEP
DISTURBANCES.

25

ONE HOUR
SESSIONS TO HELP
YOU MANAGE
YOUR WORK STRESS
AND PHYSICAL
TENSION

Danielle Smith is a certified yoga teacher, registered with Yoga Alliance since 2015. Danielle utilizes evidence-based stress reduction methods (i.e. progressive muscle relaxation and mindfulness-based stress reduction) alongside traditional breathing techniques and exercises to promote physical and mental wellbeing. Her teaching style can be described as compassionate, rooted in tradition, and disciplined. Danielle seeks to inspire others to establish their own daily health and wellness practices.



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