December 2 - December 6

Monday 12/2
12-1pm Yoga, Gym
1-2pm Test Taking Secrets, S341
1-2pm Zumba, Gym
2-3pm Tai Chi Easy, S341

Wednesday 12/4
12-1pm Zumba, Gym
1-2pm Test Taking Secrets, S341
1-2pm Spinning, Gym

Thursday 12/5
12-2pm Game Day, Cafeteria
1-2pm Yoga, Gym
2-3pm Chill-laxin' 101, S341

Friday 12/6
1-2pm Zumba, Gym

December 9 - 14

Monday 12/9
12-6pm 10 Minute Massage, Outside S343
12-1pm Yoga, Gym
1-2pm Chill-laxin' 101, S341
2-3pm Tai Chi Easy, S341
1-2pm Zumba, Gym

Tuesday 12/10
11am-12pm Test Testing Secrets, S510
12-6pm 10 Minute Massage, Outside S343
2-3pm Mindful Breathing, Outside S343

Wednesday 12/11
12-6pm 10 Minute Massage, Outside S343
12-1pm Zumba, Gym
1-2pm Mindful Breathing, Outside S343
1-2pm Spinning, Gym
1-3pm Game Day, Cafeteria

Thursday 12/12
1-2pm Test Taking Secrets, S510
12-6pm 10 Minute Massage, Outside S343
1-2pm Yoga, Gym
3-4pm Mindful Breathing, Outside S343

Friday 12/13
11am-3pm 10 Minute Massage, Outside S343
1-2pm Zumba, Gym

Saturday 12/14
11am-3pm 10 Minute Massage, Outside S343

Good Luck on Finals!

10 Minute Massage
Receive a relaxing 10 minute neck and back massage between classes!

Chill-laxin' 101
The techniques in this workshop teach simple steps to relaxation and help you sleep more soundly.

Game Day
Release that stress by going back in time with some school-yard games from the past.

Mindful Breathing
Learn how easy it is to change your emotional state from tense/anxious/afraid to calm/focused/confident.

Spinning
Burn away your stress as you pedal toward success.

Tai Chi Easy
Simple, fun movements that relax the body and mind, releasing inner wisdom.

Test Taking Secrets
Learn valuable test-taking strategies from the LRC.

Yoga
Yoga refers to traditional physical, mental, and spiritual disciplines.

Zumba
Zumba is a type of aerobic exercise that has its influences from Latin music. The participants perform simple dance steps set to exciting and fast paced rhythm.

Helping You De-Stress For Academic Success!
Sponsored by SGA, Student Affairs, & LRC