



# BODY & MIND FITNESS CLASSES



**Mondays Mindfulness Mondays 11:30**

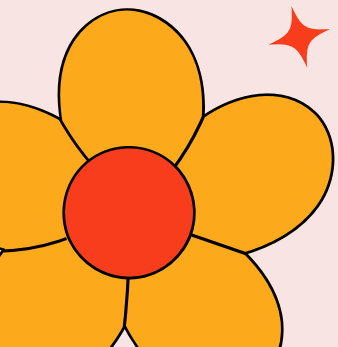
*Ease into your week with meditation and light stretching.*

**Tuesdays Walkie Talkies 11:30**

*Peer-led walking group to improve mental and physical wellbeing.*

**Wednesdays Work It Circuit 11:30**

*This class includes a full body workout consisting of squats, lunges, pushing, pulling to improve everyday movement patterns and overall strength. Beginners are welcome.*



Welborn Foundation  
Wellness & Fitness Center

