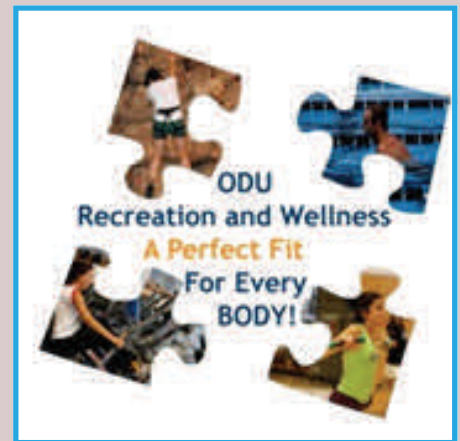


ODU WELLNESS WAVE at ODU-Virginia Beach

Mondays
4:00 to 5:00pm
Room 221



Monday, January 28: Yoga
[New Year, New You Program Info in the Atrium](#)

Monday, February 25: Zumba
[Healthy Heart Program Info in the Atrium](#)

Monday, March 25: Kickboxing
[Stress Management Program Info in the Atrium](#)

Monday, April 22: Pilates
[Summertime Tips Program Info in the Atrium](#)

***Free blood pressure screening* will be available in
the Atrium prior to the workout sessions.**

*All activities are **FREE** for
students, staff and faculty.*

Learn to love fitness as you
join the ODU Wellness Wave at
ODU Virginia Beach
this Spring 2013 semester.
**Sign-up in advance in the
Learning Commons.**



1881 University Drive
Virginia Beach, Virginia 23453
757-368-4100
www.odu.edu/vbhec

Spring 2013 Student Engagement Events @ ODU-Virginia Beach

www.odu.edu/vbhec 757-368-4100

January

- ◆ Free Wellness Wave **Yoga: Jan 28 4pm Rm 221**

February

- ◆ **Good Morning Monarchs: Feb 19 9am Atrium—**
Free food and giveaways
- ◆ Free Wellness Wave **Zumba: Feb 25 4pm Rm 221**

March

- ◆ **Online Library Training: March 5 3pm Room 232**
- ◆ Free Wellness Wave **Kickboxing: March 25 4pm**
Rm 221
- ◆ Comedienne **Jen Kober: March 26 4pm Room 244—**
Free performance and food

April

- ◆ **Exam Jam: April 18 3:30pm Atrium—**Free food,
music and prizes
- ◆ Free Wellness Wave **Pilates: April 22 4pm Rm 221**

