

CONTACTS:

Assistant Director:

Tamara Morgan tmorgan@odu.edu

Grad Assistant for Fitness:

Shannon Speed sspeed@odu.edu

Grad. Assistant for Wellness:

Patti Lane-Riethmaier priethma@odu.edu

FITNESS & WELLNESS

emPower

January 29 -
March 5

FITNESS FOR WOMEN

Wednesdays from 12:30 - 1:30 p.m. at the UFC

Surprise yourself, unleash your potential! Try emPower, a women's only program that will provide you the opportunity to learn how to set personal fitness & wellness goals for yourself and learn the tools to make you successful in achieving them!

Registration:

Register at the Pro Shop

Limited to 15 participants

For more information:

Tamara Morgan

tmorgan@odu.edu



ODU Recreation & Wellness
4700 Powhatan Ave., Suite 1207
Norfolk, VA 23529-0200
P: 757-683-3384 F: 757-683-3386
www.odu.edu/recsports
Division of Student Engagement
and Enrollment Services