

# WELLNESS WAVE

ODU Virginia Beach

SPRING 2015

On these Thursdays:

January 22 = Jazzercise

February 19 = Circuit Training

March 19 = Resistance Training

April 16 = Yoga

Room 221      12:30-1:30pm

Sign-up in advance in the Learning Commons

**FREE blood pressure screening @ 11:30 am  
in the Atrium prior to the workout sessions**

All activities are FREE for  
ODU students, staff and faculty

1881 University Drive  
Virginia Beach, VA 23454  
757-368-4100    [www.odu.edu/vabeach](http://www.odu.edu/vabeach)

