

## Monday:

#### Chocolate Lovers and Heart Health Table E-Zone 12-12:30 and 4:30-5 pm

Come relax with us and get your chocolate fix at the same time! If you LOVE chocolate, you don't want to miss this class!

### Love the Burn Boot Camp MAC court 6-7 pm

Join us for a fun challenge with the dynamic and functional class to boost your fitness level, whether you are a beginner or in need of breaking a plateau. This 60 minute class will rattle your strength, endurance and flexibility and leave you in peak condition.

# Tuesday: Yoga

Studio A 8:30-9:30 pm

Beginners, and those with no previous yoga experience welcome!

## Wednesday: Chocolate Lovers and Heart **Health Table**

E-Zone 12-12:30 and 4:30-5 pm

Come relax with us and get your chocolate fix at the same time! If you LOVE chocolate you don't want to miss this class!

# Thursday: Fun and Flirty Fitness

Studio B 6:30-7 pm

Come join us in this non-competitive, fun and relaxed atmosphere for a GIRLS ONLY workout!

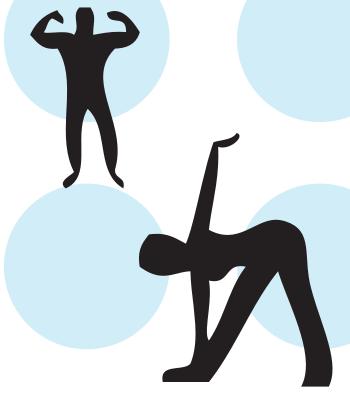
## Friday: Healthy Date Winner

Enter a contest to win a free date with your partner! Submit your healthy date ideas to the Pro-Shop February 11-15 for a chance to win!



Join us for a week full of activities to promote self-esteem, physical activity and de-stress!

The week is sure to leave you feeling great all while having fun!



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