



WELLNESS WAVE

ODU Virginia Beach

FALL 2014

Room 221 4-5pm

On these Thursdays:

September 4 = Jazzercise

October 2 = Circuit Training

November 6 = Yoga

December 4 = Cardio Training

Sign-up in advance in the Learning Commons

FREE blood pressure screening @ 3pm in the Atrium prior to the workout sessions

All activities are FREE for
ODU students, staff and faculty

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