

# *Learn by Doing Sessions*

## *MONDAYS @ 1:15*

- 1/26 Beyond Crunches*
- 2/2 Travel / Hotel Room Workout*
- 2/9 Static Stretching*
- 2/16 Office / Study Stretches*
- 2/23 Advanced Core Work*
- 3/2 Beyond Crunches II*

## *WEDNESDAYS @ 4:45*

- 1/28 Travel / Hotel Room Workout*
- 2/4 Static Stretching*
- 2/11 Office / study Stretch*
- 2/18 Jump rope clinic*
- 2/25 Beyond Crunches*
- 3/4 Dynamic Stretch*

## *THURSDAYS @ 12:20*

- 1/29 Travel / Hotel Room Workout*
- 2/5 Concept II Rower clinic*
- 2/12 Jump rope clinic*
- 2/19 Dynamic Stretching*
- 2/26 Beyond Crunches*
- 3/5 Advanced Core Work*

*Pre-registration is required; contact Patti Colliton @collitonp@wlu.edu*

*All sessions will be held on the 5<sup>th</sup> floor balcony of the gymnasium unless otherwise noted.*