Fitness For Your Brain

Register for Fitness for Your Brain classes at https://utdirect.utexas.edu/txclass/

Kinsolving & Jester
LLB 103 Lg. Conf Room
1:30 at Kin; 3:00 at Jester

Dates for the Fall:
September 12, 19, 26
October 10, 17, 24, 31
November 14, 21
December 12, 19

Lakeshop
All classes at 12:00pm

Dates for the Fall:
September 11, 20
October 16, 30
November 13, 20
December 11, 18

wellness

All wellness material and class descriptions can be found on the website www.utexas.edu/student/housing/wellness

Questions or comments? We would love to hear from you! Email us at dhfs.wellness@gmail.com

Stretch Sessions

A quick way to take a break during your day. Come to cool-down, stretch-out and feel re-invigorated.

J2: Wed @ 2:30

Kin Dining Room: Mon @ 2:30

Lakeshop: Tues @ 12:30

Fall Wellness Program

Brought to you by the Division of Housing and Food Services and your Wellness Team from Kinesiology and Health Education
Class Descriptions:

**AM Workout:** Combination of cardio and strength training for a high energy, full body workout. ALL LEVELS WELCOME!

**Fit 101:** Full body workout for beginners.

**Express Workout:** Each 30 minute class targets a specific area (legs, core, arms...). Come for one or both!

**Muévelo:** A fun dance class providing low impact, cardio exercise.

**Yoga:** Focuses on strength, flexibility, balance and posture. Yoga Stretch is friendly and suitable to members of all fitness and experience levels

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**Fitness For Your Body**

*Exercise Class Schedule: September 4th- December 7th*

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<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>6:00-6:45</td>
<td>Kinsolving</td>
<td>AM Workout</td>
<td>Muevelo in the Rivers Room</td>
<td>Muevelo in the Rivers Room</td>
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<tr>
<td>12:30-1</td>
<td>Kinsolving</td>
<td>Muevelo in the Rivers Room</td>
<td>Stretch in Dining Hall</td>
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<tr>
<td>12:30-1</td>
<td>Yoga</td>
<td>Muevelo in the Rivers Room</td>
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<tr>
<td>2:30-3</td>
<td>Yoga</td>
<td>Muevelo in the Rivers Room</td>
<td>Stretch in Dining Hall</td>
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<tr>
<td>12:30-1</td>
<td>Jester</td>
<td>Fit 101</td>
<td>Muevelo in the HDC</td>
<td>Muevelo in the HDC</td>
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<tr>
<td>12:30-1</td>
<td>Jester</td>
<td>Fit 101</td>
<td>Muevelo in the HDC</td>
<td>Muevelo in the HDC</td>
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<tr>
<td>2:30-2:45</td>
<td>Stretch in J2</td>
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<tr>
<td>4:30-5:15</td>
<td>Yoga</td>
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**Hooked on Wellness**

**Punch cards**

If you attend 8 Fitness for your Brain and/or Fitness for your Body classes, you will earn a DHFS Wellness Dry-Fit T-Shirt!

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**Personal Training**

- Meet regularly with a trainer, once per week, for 5 weeks (total of 5 sessions)
- We’ll work around your schedule, weekdays from 6:00am-6:00pm
- Applications are available online at www.utexas.edu/student/housing/wellness

**Session I:** Sept 10 - Oct 12; Applications due by Sept 6th
**Session II:** Oct 22 - Nov 23; Applications due by Oct 18th

Space is limited. Participants must be able to commit to the 5-week program and attend 5 sessions. Participants must use vacation or comp time to attend sessions during the workday.