

## Wellness Wednesdays in Evanston: Join the Fun!

*Wellness Wednesdays – a collaboration between the YourLife Wellness Program and Northwestern Recreation – is a series of wellness classes offered each Wednesday.*

- **Wellness Wednesday Fitness Classes** accommodate all levels of fitness. Bring your WILDCARD, a yoga mat, water bottle and/or towel to classes. Class size is limited; advance registration is encouraged. Registration for each class will open at 8am Monday of that week. (Drop-ins are welcome if space permits). Please click on a class hyperlink below to register.
- **Wellness Wednesday Lunch ‘n Learns** offer a monthly presentation on topics promoting physical, financial, and emotional wellness. You are encouraged to bring your own lunch. Registration not required.

Here’s the schedule for Wellness Wednesdays on the Evanston campus – January-March 2017:

Evanston			
Date	Class	Location	Time <sup>1</sup>
January 11	<a href="#">Yoga</a>	Norris, Wildcat Room 101	12:05-12:50pm
January 18	<a href="#">Yoga</a> <a href="#">WERQ</a>	<b>Henry Crown Sports Pavilion<sup>2</sup></b>	<b>5:30-6:30pm</b>
	Lunch ‘n Learn: Small Lifestyle Changes = BIG Results	Henry Crown Sports Pavilion <sup>3</sup>	12:10-12:50pm
January 25	<a href="#">Pilates</a>	Norris, Northwestern Room 202	12:05-12:50pm
February 1	<a href="#">Yoga</a> <a href="#">BodyPump</a>	Henry Crown Sports Pavilion <sup>2</sup>	12:00-1:00pm
February 8	<a href="#">Yoga</a> <a href="#">WERQ</a>	<b>Henry Crown Sports Pavilion<sup>2</sup></b>	<b>5:30-6:30pm</b>
	Lunch ‘n Learn: How Healthy Are You?	Henry Crown Sports Pavilion <sup>3</sup>	12:10-12:50pm
February 15	<a href="#">Zumba</a>	Norris, Northwestern Room 202	12:05-12:50pm
February 22	<a href="#">Yoga</a> <a href="#">BodyPump</a>	Henry Crown Sports Pavilion <sup>2</sup>	12:00-1:00pm
March 1	<a href="#">Cardio/Core Conditioning</a>	Norris, Northwestern Room 202	12:05-12:50pm
March 8	<a href="#">Yoga</a> <a href="#">WERQ</a>	<b>Henry Crown Sports Pavilion<sup>2</sup></b>	<b>5:30-6:30pm</b>
	Lunch ‘n Learn: Eat Smart	Henry Crown Sports Pavilion <sup>3</sup>	12:10-12:50pm
March 15	<a href="#">Yoga</a> <a href="#">BodyPump</a>	Henry Crown Sports Pavilion <sup>2</sup>	12:00-1:00pm

<sup>1</sup> Evening Fitness Classes shown in **boldface**

<sup>2</sup> Yoga classes in Studio 2; WERQ and BodyPump classes in Studio 1AB

<sup>3</sup> Henry Crown Sports Pavilion Classroom