WELLNESS WEDNESDAYS

September 3rd - Body Fat Testing

September 10th - *Minute to Spin it:* Do you have what it takes to complete the most insane tasks in one minute? Complete the task and beat the clock to avoid spinning the tortious Wheel of Workout.

September 17th - *Trivia Challenge:* We know you work your biceps, now we want to see you work your brain! Answer correctly and you can dish out exercises to our staff.

September 24th - Flexibility Testing

EVERY WEDNESDAY
IN THE WELLNESS CENTER LOBBY
10AM-4PM

LEARN ABOUT UPCOMING FITNESS CONTEST & EVENTS
PRIZES
DEMOS

LSUHSC WELLNESS CENTER
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3rd & 4th Floors
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