

SPRING '12

Wellness PROGRAMS

at MISSOURI STATE

SESSION II locations to be announced

		SESSION I	SESSION II
Ballroom Dance 6:30-7:30pm PSU Ballroom East 2.09 + 4.12 PSU Theater	<i>Thursdays</i>	February 2 - March 1 register by 1.27.12	April 12 - May 10 (4-19) register by 4.9.12
Belly Dancing 5:00-6:30pm PSU 312AB 4.09 PSU 315AB	<i>Mondays</i>	February 6- March 12 (2-20+2-27) register by 2.2.12	April 2 - April 30 register by 3.30.12
Hip-Hop 6:00-7:00pm PSU 312AB	<i>Sundays</i>	February 5 - March 11 (2-19) register by 2.2.12	April 1 - April 29 (4-08) register by 3.29.12
Latin Dance 7:30-8:30pm PSU Ballroom East 2.09 PSU Theater	<i>Thursdays</i>	February 2- March 1 register by 1.27.12	April 12 - May 10 register by 4.9.12
Mat Pilates 7:00-8:00pm PSU 317AB 2.22 PSU 308BC, 2.29 PSU 315AB, 3.7 PSU 308AB	<i>Wednesdays</i>	February 8- March 7 register by 2.6.12	April 11- May 9 (4-18) register by 4.9.12
Power Yoga 12:00-12:50pm Plaster Sports Complex, 2nd floor	<i>Tuesdays</i> <i>Thursdays</i>	February 7- March 6 register by 2.3.12 February 9- March 8 register by 2.7.12	April 3- May 1 register by 3.30.12 April 12- May 10 register by 4.9.12
Power Yoga Downtown 12:00-12:50pm B.O.W.S. 331 South Avenue	<i>Mondays</i> <i>Wednesdays</i>	February 6- March 12 (2-20) register by 2.2.12 February 8- March 7 register by 2.6.12	April 2- April 30 register by 3.30.12 April 11- May 9 register by 4.9.12
Tai Chi 8:00-9:00pm PSU 314BC	<i>Sundays</i>	February 5 - March 11 (2-19) register by 2.2.12	April 1- April 29 (4-08) register by 3.29.12
Yoga 6:00-7:30pm PSU 312AB 2.22 PSU 314BC, 2.23 PSU 314BC, 3.08 PSU 314BC	<i>Wednesdays</i> <i>Thursdays</i>	February 8 - March 7 register by 2.6.12 February 9- March 8 register by 2.7.12	April 11- May 9 (4-18) register by 4.9.12 April 12- May 10 register by 4.9.12
Zumba Fitness 5:30-6:30pm Plaster Sports Complex, 1st Floor Studio	<i>Tuesdays</i> <i>Thursdays</i>	February 7 - March 6 register by 2.3.12 February 9- March 8 register by 2.7.12	April 3- May 1 register by 3.30.12 April 12- May 10 register by 4.9.12

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Ballroom Dance

Have fun as you learn basic patterns and skills for Waltz, Foxtrot, and Tango. **\$40**

Belly Dancing

All skill levels are welcome to this mind and body workout that is a great way to relieve stress and have fun. **\$30**

Hip-Hop

If you are looking for a creative workout that is not only fun, but will strengthen your core, burn calories, and get you moving, hip hop is the workout for you. **\$30**

Latin Dance

Have fun as you learn basic patterns and skills for Salsa, Rumba, and Swing. **\$40**

Mat Pilates

A mind-body approach to exercise that focuses on strengthening the core. This includes the abdominals and the lower back muscles. This low impact method is appropriate for anyone. **\$30**

Power Yoga

Primarily based on Hatha Yoga, covers traditional sports stretching, some Pilates mat exercises, and Sun salutations - a power/flow movement. Easy enough for the beginner, but challenging for those more advanced. **\$35**

Power Yoga Downtown

This is the same Power Yoga class offered on the Missouri State campus; however, it will be offered at B.O.W.S. 331 South Avenue, basement of Staxx. **\$35**

Tai Chi

A holistic art intended to improve balance, coordination, agility, flexibility, and to provide tranquility of heart and mind. It places emphasis on relaxing the body and focusing the mind by practicing body mechanics for accuracy and precision of movement. **\$30**

Yoga

Physical and breathing exercises teach you how to relax and strengthen the body, as well as enhance body alignment/posture, flexibility, and circulation. **\$35**

Zumba Fitness

A full-body workout that provides long term benefits, while you get to experience an absolute blast in an hour of calorie-burning, heart-racing, and muscle-pumping fun. The routines feature interval training sessions, incorporated with a Latin zest to tone and sculpt your body. **\$35**

Price is per session

WELLNESS

