NSU NOVA SOUTHEASTERN UNIVERSITY
Office of Campus Recreation

WELLNESS CALENDAR 2016

NSU HEALTHY SHARKS

JUNE

My Healthy Goal is:

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For more information, contact:
wellness@nova.edu
or call (954) 262-7021.

@NSU_REC_WELL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3 SPINNING Spinning 6:15-7:15am	4
5	6 LET'S TRY YOGA Yoga 12:30-1:30pm	7	8 SPINNING Spinning 12:30-1:30pm	9	10	11
12	13	14	15	16 ZUMBA fitness Zumba 6:30-7:30pm	17	18 LET'S TRY YOGA Yoga 11:30-12:30pm
19	20 SPINNING Spinning 5:30-6:30pm	21	22 LET'S TRY YOGA Yoga 5:30-6:30pm	23	24	25
26	27	28	29	30 ZUMBA fitness Zumba 6:30-7:30pm		