



FEBRUARY MOVEMENT OPPORTUNITIES



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		30	31	1	2	3
4	5	6	7 Yoga at 12:10 Allied Health MPR Bring your own yoga mat (250 points wellness portal)	8 Simon Rec Free to Faculty and Staff	9 Wellness Walk Noon Medical Center Track (250 points Wellness portal)	10
11	12 Wellness Walk Noon Medical Center Track (250 points wellness portal)	13	14 Wellness Walk 1:00 p.m. Hermann Stadium Track (250 points wellness portal)	15 Simon Rec Free to Faculty and Staff	16 HIIT LRC Room 107a 8:00 a.m. (250 points Wellness Portal)	17
18	19	20 Wellness Walk Noon Hermann Stadium Track (250 points on Wellness Portal)	21 Pilates at 7:30 a.m. South Campus LRC Room 107a Bring your own yoga mat (250 points wellness portal)	22 Simon Rec Free to Faculty and Staff	23 Wellness Walk Noon Medical Center Track (250 points on Wellness Portal)	24
25	26 Yoga North Campus Noon Busch Student Center Room 352 Bring your own yoga mat (250 points wellness portal)	27	28 Wellness Walk Noon Hermann Stadium Track (250 points on Wellness Portal)	29 Simon Rec Free to Faculty and Staff	1	2