<table>
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<th>Sunday</th>
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**Pick Up Your BIB Rewards Card**

| 3      | 4      | 5       | 6         | 7        | 8      | 9        |

**Take Your Personal Health Assessment**

| 10     | 11     | 12      | 13        | 14       | 15     | 16       |

**Schedule Your Biometric Screening**

**17**

| 18     | 19     | 20      | 21        | 22       | 23     |

**Take Your Personal Health Assessment**

**24**

| 25     | 26     | 27      | 28        | 29       | 30     |

**Well-U Fitness Class Registration 9 a.m.**

| 31     | 1      | 2       | 3         | 4        | 5      | 6        |

**HEALTHY HABITS**

Take care of yourself today for a healthier tomorrow with these simple healthy habits:

- **Move More** - Use the stairs, take a walk, go grocery shopping, or anything else that gets you up and moving.

- **Make it Social** - Find a running buddy, take a group exercise class, or catch up with an old friend while you take a walk!

- **Mix it Up** - You don't need to go for a run every day to get fit. Try mixing it up with yoga, biking, weight lifting, swimming, etc.

**FITNESS CLASSES**

- **Monday**
  - *Boot Camp* • 12:00-12:50pm • SRB Patio
  - **Yoga For Core** • 12:00-12:50pm • River Campus
  - **Power Pump** • 12:15-12:50pm • UPMC Fitness Center
  - **Zumba** • 1:00-1:45pm • O’Brian Dance Studio

- **Tuesday**
  - *Pilates* • 12:00-1:00pm • MAG
  - **Yoga** • 12:00-12:50pm • River Campus (Interfaith)
  - **Yoga** • 12:00-12:50pm • Strong West
  - **Yoga** • 12:00-12:50pm • HWH • Evarts Lounge
  - **Yoga** • 12:00-12:50pm • College Town
  - *Boot Camp* • 12:30-1:15pm • UPMC Fitness Center

- **Wednesday**
  - *Boot Camp* • 12:00-12:50pm • SRB Patio
  - **Yoga** • 12:00-12:50pm • MAG
  - **Yoga** • 12:00-12:50pm • River Campus (Interfaith)
  - **Yoga** • 12:00-12:50pm • Strong West
  - **Yoga** • 12:00-12:50pm • HWH • Evarts Lounge
  - **Pilates** • 12:15-12:50pm • UPMC Fitness Center
  - *Boot Camp* • 12:30-1:15pm • UPMC Fitness Center

- **Thursday**
  - *Power Pump* • 5:15-6:15pm • URMC Fitness Center
  - **Zumba** • 5:00-5:45pm • O’Brien Dance Studio

- **Friday**
  - **Yoga** • 11:00-12:00pm • Mt. Hope Family Center
  - **Yoga** • 12:00-12:50pm • HWH • Evarts Lounge
  - **Yoga** • 12:00-12:50pm • Strong West
  - **Yoga** • 12:00-12:50pm • College Town
  - **Yoga** • 12:30-1:25pm • URMC Fitness Center
  - *Pilates* • 12:30-1:25pm • URMC Fitness Center

*Enroll on Well-U Enrollment Page*
*Enroll on Inward Office Enrollment Page*