Physical activity is one of our best defenses to protect our health. There are numerous benefits that result from incorporating physical activity into your daily routine. When your motivation is low, remember these facts about what physical activity is doing for you:

- Reduces the risk of cardiovascular disease and type 2 diabetes
- Helps manage arthritis pain
- Improves cholesterol levels
- Strengthens bones and muscles
- Improves ability to perform everyday tasks
- Decreases stress
- Increases self-esteem and self-confidence
- Improves your immune system
- Helps manage anxiety & depression
- Aids sleep

**Fitness Classes**

**Monday**
- Boot Camp • 12:00-12:50pm • SRB Patio
- Yoga For Core • 12:00-1:00pm • River Campus (Interfaith)
- Yoga • 12:00-1:00pm • AAC Auditorium
- Zumba • 5:15-6:00pm • Sloan Studio
- Power Pump • 5:15-6:15pm • URMC Fitness Center

**Tuesday**
- Yoga • 12:00-12:45pm • College Town
- Yoga • 12:00-1:00pm • HWH • Evarts Lounge
- Pilates • 12:00-1:00pm • MAG
- Yoga • 12:00-1:00pm • River Campus (Interfaith)
- Boot Camp • 12:15-1:00pm • URMC Fitness Center
- WERQ • 5:15-6:05 pm • URMC Fitness Center

**Wednesday**
- General Stretching • 12:00-12:30 pm • MAG
- Yoga • 12:00-12:30 pm • Brooks Landing
- Yoga • 12:00-12:45 pm • RTP Rdg. 5
- Yoga • 12:00-1:00 pm • 135 Corporate Woods
- Yoga • 12:00-1:00 pm • River Campus (Interfaith)
- Yoga • 12:30-1:00 pm • Brooks Landing
- Targeted Stretching • 12:30-1:00 pm • MAG
- Yoga • 4:30-5:30 pm • Brighton Business Center
- Zumba • 5:30-6:30 pm • URMC Fitness Center

**Thursday**
- Yoga • 11:00-12:00pm • Mt. Hope Family Center
- Yoga • 11:30-12:15pm • URMC Fitness Center
- Pilates • 12:30-1:15pm • URMC Fitness Center

**Friday**
- Yoga • 11:00-12:00pm • Mt. Hope Family Center
- Yoga • 11:30-12:15pm • URMC Fitness Center
- Pilates • 12:30-1:15pm • URMC Fitness Center

More Information: rochester.edu/well-u
Register for an event: totalrewards.rochester.edu