

# FMU WELLNESS CENTER

## *Weekly Calendar of Events*

April 16-23, 2017

### SUNDAY, April 16

2:00pm – 5:00pm	Women's Basketball	Arena
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### MONDAY, April 17

12:00pm-1:00pm	Walking Lions	Walking Track (Track open all day to walkers)
5:00pm-6:00pm		
5:45am – 7:00am	Track & Field	Weight Room
8:00am – 9:30am	Men's Baseball	Weight Room
9:00am – 9:50am	EDU 412	Arena
10:00am – 11:00am	PED 110	Lecture Room #121
12:00pm – 1:00pm	PED 316/PED 323	Arena
3:00pm – 6:00pm	Women's Basketball	Arena
5:00pm – 7:30pm	PED 322	Lecture Room #121
5:00pm – 6:00pm	Project Fit (Class TBA)	Dance Studio
6:00pm – 7:00pm	Project Fit (Class TBA)	Dance Studio
7:00pm – 10:00pm	OPEN GYM	Arena

### TUESDAY, April 18

12:00pm-1:00pm	Walking Lions	Walking Track (Track open all day to walkers)
5:00pm-6:00pm		
6:00am – 7:30am	Men's Baseball	Weight Room
7:00am – 8:00am	Women's Soccer	Arena
8:00am – 9:00am	Women's Soccer	Weight Room
9:30am – 10:30am	Men's Basketball	Weight Room

10:30am – 1:00pm	Men's Basketball	Arena
11:00-12:00pm	Aerobic Kickboxing	Arena
5:00pm – 6:00pm	Project Fit Body Sculpting	Dance Studio
5:00pm – 7:00pm	Women's Volleyball	Arena
5:00pm – 7:30pm	PED 322	Lecture Room #121
5:00pm – 6:00pm	Track & Field Study Hall	Lecture Room #123
6:15pm – 7:15pm	Project Fit FLO Riders	Wellness Center Parking Lot
7:00pm – 10:00pm	OPEN GYM	Arena

### WEDNESDAY, April 19

12:00pm-1:00pm 5:00pm-6:00pm	Walking Lions	Walking Track (Track open all day to walkers)
5:45am – 7:00am	Track & Field	Weight Room
9:00am – 9:50am	EDU 412	Arena
10:00am – 11:00am	PED 110	Weight Room
12:00pm – 12:50pm	PED 316/PED 323	Arena
3:00pm – 6:00pm	Women's Basketball	Arena
5:00pm – 6:00pm	Project Fit (Class TBA)	Dance Studio
5:00pm – 7:30pm	PED 408	Lecture Room #121
5:00pm – 6:00pm	Track & Field Study Hall	Lecture Room #123
6:00pm – 7:00pm	Project Fit (Class TBA)	Dance Studio
7:00pm – 10:00pm	OPEN GYM	Arena

### THURSDAY, April 20

12:00pm-1:00pm 5:00pm-6:00pm	Walking Lions	Walking Track (Track open all day to walkers)
6:00am – 7:30am	Men's Baseball	Weight Room
7:00am – 8:00am	Women's Soccer	Arena
8:00am – 9:00am	Women's Soccer	Weight Room

9:30am – 10:30am	Men's Basketball	Weight Room
10:30am – 1:00pm	Men's Basketball	Arena
10:00am – 11:00am	Project Fit Tai Chi	Dance Studio
11:00am – 12:00pm	Project Fit Yoga	Dance Studio
5:00pm – 6:00pm	Project Fit Cross Fit	Walking Track
6:00pm – 7:00pm	Project Fit Line Dancing	Dance Studio
5:00pm – 7:00pm	Women's Volleyball	Arena
7:00pm – 10:00pm	OPEN GYM	Arena

### FRIDAY, April 21

5:45am – 7:00am	Track & Field	Weight Room
8:00am – 9:30am	Men's Baseball	Weight Room
9:00am – 9:50am	EDU 412	Arena
3:00pm – 5:00pm	Women's Basketball	Arena
<b>5:00pm – 8:30pm</b>	<b>Cheer/Dance Auditions</b>	<b>Arena/Dance Studio</b>
8:45pm – 10:00pm	OPEN GYM	

### SATURDAY, April 22

<b>8:00am – 2:30pm</b>	<b>Cheer/Dance Auditions</b>	<b>Arena/Dance Studio</b>
3:00pm – 5:00pm	Women's Basketball	Arena
5:00pm – 6:00pm	Men's Basketball	Arena

### SUNDAY, April 23

2:00pm – 5:00pm	Women's Basketball	Arena
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For additional information please contact Dr. Abigail C. Mobley-Bellinger at (305) 626-3179 or [abmobley@fmuniv.edu](mailto:abmobley@fmuniv.edu).