

2012 Spring Semester

Wellness Program Event Schedule

• Starting this semester, Yoga at noon will be offered every Tuesday as a permanent class in SC room 245

2/7 Zumba @ 5pm- SC 245

2/14 Zumba @ 5pm-SC 245

2/18 3v3 Basketball Tournament @11am-Spurlock Center

2/21 Zumba @ 5pm- SC 245

2/28 Zumba @ 5pm- SC 245

*This week begins our couch to 5K program. Stay tuned to our facebook page for more details

3/6 Healthy Cooking Class @7pm-Chapel Basement

3/7 Turbo Kick @ 7:30pm-SC 245

3/14 Turbo Kick @ 7:30pm-SC 245

3/21 Turbo Kick @ 7:30pm- SC 245

3/28 Turbo Kick @ 7:30pm-SC 245

4/19 Ballet 101 @ 6pm- Branigin Room



FRANKLIN COLLEGE
WELLNESS PROGRAM

For all our up to date info visit our facebook page at facebook.com/FCWellness

Questions about the Wellness Program can be directed to Emily Marten, the Wellness Coordinator at ext. 8087 or via email emarten@franklincollege.edu