

May 2017

Associated Students Summer Wellness Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15 Yoga in Park Blvd @ 12:00pm	16 Hatha Vinyasa Yoga on the Rec Field @ 6pm Mindful Meditation in the ARC @ 1:00pm	17	18 Power Yoga on the Rec Field @ 7:30am	19	20
21	22 Yoga in Park Blvd @ 12:00pm	23 Hatha Vinyasa Yoga on the Rec Field @ 6pm Mindful Meditation in the ARC @ 1:00pm	24	25 Power Yoga on the Rec Field @ 7:30am	26	27
28	29	30 Hatha Vinyasa Yoga on the Rec Field @ 6pm Mindful Meditation in the ARC @ 1:00pm	31 Open Bowling in Aztec Lanes: 5pm-7pm			

June 2017

Associated Students Summer Wellness Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Cowles Mountain Hike @ 4:30pm	3
4	5	6 Hatha Vinyasa Yoga on the Rec Field @ 6pm Mindful Meditation in the ARC @ 1:00pm	7	8 Power Yoga on the Rec Field @ 7:30am	9	10
11	12 Yoga in Park Blvd @ 12:00pm	13 Hatha Vinyasa Yoga on the Rec Field @ 6pm Mindful Meditation in the ARC @ 1:00pm	14 Open Bowling in Aztec Lanes: 5pm-7pm	15 Power Yoga on the Rec Field @ 7:30am	16	17
18	19	20 Hatha Vinyasa Yoga on the Rec Field @ 6pm Mindful Meditation in the ARC @ 1:00pm	21	22 Power Yoga on the Rec Field @ 7:30am	23	24
25	26 Yoga in Park Blvd @ 12:00pm	27 Hatha Vinyasa Yoga on the Rec Field @ 6pm Mindful Meditation in the ARC @ 1:00pm	28 Open Bowling in Aztec Lanes: 5pm-7pm	29 Power Yoga on the Rec Field @ 7:30am	30	

July 2017

Associated Students Summer Wellness Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10 Yoga in Park Blvd @ 12:00pm	11 Hatha Vinyasa Yoga on the Rec Field @ 6pm Mindful Meditation in the ARC @ 1:00pm	12 Open Bowling in Aztec Lanes: 5pm-7pm	13 Power Yoga on the Rec Field @ 7:30am	14	15
16	17 Yoga in Park Blvd @ 12:00pm	18 Hatha Vinyasa Yoga on the Rec Field @ 6pm Mindful Meditation in the ARC @ 1:00pm	19	20 Power Yoga on the Rec Field @ 7:30am	21	22
23	24 Yoga in Park Blvd @ 12:00pm	25 Hatha Vinyasa Yoga on the Rec Field @ 6pm Mindful Meditation in the ARC @ 1:00pm	26 End of Summer/ Bowling Party in Aztec Lanes @ 4:30pm	27 Power Yoga on the Rec Field @ 7:30am	28	29
30	31 Yoga in Park Blvd @ 12:00pm					

August 2017

Associated Students Summer Wellness Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Hatha Vinyasa Yoga on the Rec Field @ 6pm Mindful Meditation in the ARC @ 1:00pm	2	3 Power Yoga on the Rec Field @ 7:30am	4	5
6	7 Yoga in Park Blvd @ 12:00pm	8 Hatha Vinyasa Yoga on the Rec Field @ 6pm Mindful Meditation in the ARC @ 1:00pm	9	10 Power Yoga on the Rec Field @ 7:30am	11	12
13	14 Yoga in Park Blvd @ 12:00pm	15 Hatha Vinyasa Yoga on the Rec Field @ 6pm Mindful Meditation in the ARC @ 1:00pm	16	17 Sunset Paddle at MBAC @ 6pm Power Yoga on the Rec Field @ 7:30am	18	19
20	21 Yoga in Park Blvd @ 12:00pm	22	23	24	25	26
27	28	29	30	31		