

Department of Wellness and Movement Sciences Activity / Wellness Courses - WINTER 2025



- **YOGA**, Monday / Wednesday @ 11:00 (CRN 10307)

- **P.L.A.Y. (Physical Leisure Activity for You)**, Monday / Wednesday @ 11:00 (CRN 10316)

- **YOGA**, Tuesday / Thursday @ 12:00 (CRN 10308)

- **GOLF**, Tuesday / Thursday @ 12:00 (CRN 10313)

- **VOLLEYBALL**, Monday / Wednesday @ 12:00 (CRN 10318)

- **SWING DANCE**, Tuesday / Thursday @12:00 (CRN 10310)

- **ARCHERY**, Monday / Wednesday @ 1:00 (CRN 10314)

- **BALLROOM DANCE**, Tuesday / Thursday @ 1:00 (CRN 10311)

- **PICKLEBALL / BADMINTON**, Tuesday / Thursday @ 1:00 (CRN 10315)

- **SKIING & SNOWBOARDING**, Open (CRN 10392)

Students needing accommodations should contact
Student Accommodations & Support Services at
(509) 359-6871.

