



Summer 2012 HEALTHY YOU Programs and Events

HEALTHY YOU is offering the opportunity to participate, at no charge, in a four week Zumba or Yoga Class. There will be two four week sessions in July and two in August.

Introduction to Zumba:

Session One: Monday Evening, July 9, 16, 23 and 30 at 5:30, Sacred Space

Session Two: Thursday Evening, August 2, 9, 16 and 23 at 5:30, Sacred Space

- Participants will need to wear exercise clothing and sneakers.

Introduction to Yoga:

Session Three: Tuesday Mid-Day, July 10, 17, 24 and 31, 1:00-2:00, Sacred Space

Session Four: Wednesday Mid-Day, August 1, 8, 15 and 22, 12:00-1:00 Sacred Space

- Participants will need to wear comfortable clothing and bring a mat or towel.

To enroll in a session, please reply to this email and indicate which session you want to join. Space is limited; you will receive a confirmation email prior to the start of the session. ***A commitment to attend all four classes of the session is required.***

Weight Watchers At Work meets on Wednesdays at 10:00. Due to construction in Curry, the locations are varied:

- June 6 – June 27 CSC 435
- There is no meeting on Wednesday, July 4
- July 11 – CSC 442
- July 18 – To Be Determined
- July 25 – August 29 CSC 435

The Weekly Farmers' Market takes place every Wednesday from 11:00 – 5:00. It is located between the Ruggles MBTA stop and Ryder Hall, next to Centennial Commons.

Northeastern University's **Department of Campus Recreation** provides many opportunities as well. Check out [the site](#) to discover programs and classes of interest to you.

Remember, it's all for a HEALTHY YOU!