

Rec Plex & Fac Staff Wellness Program

OPEN HOUSE

Are you interested in learning more about what our beautiful Campus Recreation Rec Plex facility has to offer? Have you wondered what Faculty/Staff Wellness classes might be like! During May 4-8, all UD faculty and staff are invited to experience the Rec Plex and the many amenities available to aid in your pursuit of a healthy, active lifestyle for FREE. Additionally, the Campus Recreation faculty/staff summer membership will be \$10 off during this week, providing the membership form May 4-Aug 2 for a value of \$50.00. Consider giving yourself the gift of health this summer. Check the Rec Plex website for hours.

Please bring your campus ID and allow for an extra 5 minutes to process your guest pass each day throughout open house week. (please note: Campus wide steam outage starts 11:00 pm on Monday May 4 and back up at 7:00 am on May 7th..so no hot water during that time)



Studio Classes are as follows:

Monday, May 4

12:00-12:20 or 12:25-12:45 Cycling Studio A Willie Morris

12:00-12:20 or 12:25- 12:45 Pilates Studio B Pam Nelson

Tuesday, May 5

12:00-12:20 or 12:25-12:45 Concourse Circuit Main Gym Pam Nelson

12:00-12:20 or 12:25-12:45 Body Sculpting Studio B Marcia Perio Epps

12:00-12:20 or 12:25-12:45 Yoga Studio A Robin Oldfield

Wednesday, May 6

12:00-12:20 or 12:25 – 12:45 Zumba Main Gym Marcia Perio Epps

12:00-12:20 or 12:25-12:45 Pilates Studio B Pam Nelson

12:00-12:20 or 12:25-12:45 Cycling Studio A Willie Morris

Thursday, May 7

12:00-12:20 or 12:25-12:45 Body Sculpting Studio B Marcia Perio Epps

12:00-12:20 or 12:25 – 12:45 Yoga Studio A Robin Oldfield

Please complete google form at [link](#) planning purposes. Contact Theresa Gilbert at tgilbert1@udayton.edu if you have any questions. (92743)