

Summer 2017

 University Health
& Wellness
Andrews University

Stronger.
Healthier.
You.

May 7 – August 11

More resources & information:
www.andrews.edu/wellness

Questions? wellness@andrews.edu

H2O Fit Class

T & TH from 7:30 – 8:30 a.m. at the AU Pool

Contact: koudelej@andrews.edu

Total Body Fitness Class

T & TH from 5:00 – 6:00 p.m. at Lamson Hall Health Club (for men & women)

Contact: koudelej@andrews.edu

Lunch Walks

T & TH from 12:30 – 12:50 p.m. (meet under Nethery & Buller Hall bridge)

Contact: andvik@andrews.edu

Wednesday Walks

W from 5:15 – 6:00 p.m. (meet at JN Andrews sculpture)

Contact: janinec@andrews.edu

Full Body Scans

To schedule an appointment, visit www.andrews.edu/wellness

3-D Massage Chair

To schedule an appointment, visit www.andrews.edu/wellness

