

Winter Wellness Hour

Monday – Friday from 12-1 pm
January 3rd to March 15th
Nicholson Pavilion



Cardio Workouts						
ACTIVITIES	M	T	W	T	F	LOCATION
Walking/Running	X	X	X	X	X	Outdoors or field house
Elliptical Machines, Stationary Bikes, and Treadmills	X	X	X	X	X	Weight Room
Lap Swim	X	X	X	X	X	Pool
Resistance Training						
Weight Training	X	X	X	X	X	Weight Room
Certified Strength & Conditioning Specialist		X		X		Weight Room
Mind and Body Fitness						
Yoga Class		X		X		Nich 106
Sports Activities						
Tennis	X	X	X	X	X	Tennis Courts
Basketball	X	X	X	X	X	Main Gym
Volleyball	X	X	X	X	X	Main Gym
Pickle ball, Badminton and Ultimate Frisbee	X	X	X	X	X	Upper Gym

Participation Fee

CWU Faculty/Staff **\$30/qtr**

Adult Community **\$35/qtr**

Parking Permits **\$20/qtr**

Please pay at the Cashiers Office in Barge 104.

Fees cover the cost of instructors, lifeguards, use of facilities, free towel service, lockers, and cardio and sports equipment

Wellness Hour Contact Information

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