

Coordinated by the Lerner Health & Wellness Center

THE GEORGE WASHINGTON UNIVERSITY
VIRGINIA CAMPUS

FITNESS DAY

Friday, October 21, 11:30 a.m.-2:30 p.m.

Building 2 Lobby & Fitness Room (B78)

STOP BY THE FITNESS STATIONS

Blood Pressure Screening

Get your blood pressure tested today!

Body Composition Assessment

A simple test done to determine your percentage of lean weight and fat weight.

Flexibility Assessment

Test the flexibility of your lower back and hamstrings. Complete a sit-and-reach test to determine your flexibility.

Cardiovascular Endurance Assessment

Determine how efficient your body uses oxygen while you exercise. Test consists of a three minute step test and requires proper shoes and workout clothes.

Moving Screening

Assessment designed to identify muscular imbalances. Workout clothes are recommended for test.

Ask the Registered Dietician (RD)

Do you have a question pertaining to nutrition?
Now is your chance to ask the RD!

JOIN A KICKBALL OR VOLLEYBALL GAME

Kickball & Volleyball 12:30-1:30 p.m.

Come dressed appropriately to play games run by Recreational Sports Director Aubre Jones.
Starting at 12:30, Field near Building 2

TRY A FREE CLASS!

Hatha Yoga: 12-12:30 p.m.

A yoga practice popular in the West that combines difficult postures, which force the mind to withdraw from the outside world using controlled breathing. Beginners are welcome! Mats will be provided. *Building 2, Room 176*

Mat Pilates: 1-1:30 p.m.

A mat-based class designed to lengthen muscles as it stretches. Develop balance, posture, coordination, strength and flexibility. Beginners are welcome!
Mats will be provided. *Building 2, Room 176*

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