

SPRING INTO HEALTH

WELLNESS INITIATIVE

May 2012

Thursday, May 10, 2012

OPENING KICKOFF

5th Annual NIH Take a Hike Day

11:00 am – 2:30 pm

Rain or Shine!

What better way to take a break from all of the hustle and bustle than to go for a leisurely stroll or jog around the perimeter of the NIH campus (total distance 2.8 miles).

Warm Up/Stretching Session in front of Bldg 1

11:00 am – 11:30 am

Opening Remarks and Awards Ceremony

11:45 am – 12:00 pm

We are Off and Running (and Walking Too!)

11:00 am – 11:30 am

ACTIVITIES FREE & OPEN TO ALL OF NIH

May 2012

Monday	Tuesday	Wednesday	Thursday	Friday
	1 12:00 – 12:45 pm Core Conditioning Building 31 Fitness Center	2 12:00 – 12:45 pm Yogalates with Jill Building 31 Fitness Center	3 1:00 – 2:00 pm Yoga with Greg Building 10 1SE Patio Room	4 11:00 – 11:45 am Total Body Workout Building 31 Fitness Center
7 1:15 – 2:00 pm Body Transformer Fitness with JaWanna 5635 Fishers Lane	8 12:15 – 1:00 pm Yogalates with Jill 5635 Fishers Lane	9 12:15 – 12:45 pm Body Transformer Fitness with JaWanna 5635 Fishers Lane	10 TAKE A HIKE DAY	11 12:30 – 1:15 pm Cardio Kickboxing with Lubomyr 5635 Fishers Lane
14 11:50 am – 12:35 pm Total Body Workout with JaWanna Building 31 Fitness Center	15 12:00 – 12:45 pm Core Conditioning with JaWanna Building 31 Fitness Center	16 11:00 – 11:45 am Zumba with Vicki Building 31 Fitness Center 12:00 – 12:45 pm Yogalates with Jill Bldg 31 Fitness Center	17 1:00 – 2:00 pm Yoga with Greg The Loft (T-39)	18 12:15 – 1:05 pm Zumba with Vicki The Loft (T-39)
21 12:15 – 1:05 pm Cardio Kickboxing with Lubomyr Rockledge Fitness Center	22 12:15 – 1:05 pm Strength Conditioning with Colleen Rockledge Fitness Center	23 12:15 – 1:00 pm Cardio Kickboxing with Lubomyr The Loft (T-39) 3-on-3 BASKETBALL TOURNAMENT Building 10 Sports Court	24 12:15 – 1:05 pm Strength Conditioning with Alicia Rockledge Fitness Center 1:00 – 2:00 pm Yoga with Anastasia Building 10 1SE Patio Room 3-on-3 BASKETBALL TOURNAMENT Building 10 Sports Court	25 12:15 – 1:05 pm Body Blast with Katya Rockledge Fitness Center
28 Memorial Day HOLIDAY	29 12:00 – 12:45 pm Outdoor Workout Building 31 Patio	30 12:15 – 1:00 pm Cardio Kickboxing with Lubomyr The Loft (T-39)	31 1:00 – 2:00 pm Yoga with Greg The Loft (T-39)	

