



# November 2009

**Morehead State University**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 4pm-9pm	2 6am-9pm SC, T, Z	3 6am-9pm Z, S, A,, Z	4 6am-9pm SC, T, Z	5 6am-3pm Z, S, A,, Z  OVC Soccer Tournament	6 6am-3pm TBC	7 9am-2pm
8 4pm-9pm	9 6am-9pm SC, T, Z	10 6am-9pm Z, S, A,, Z	11 6am-9pm SC, T, Z	12 6am-9pm Z, S, A,, Z	13 6am-7pm TBC	14 9am-2pm
15 4pm-9pm	16 6am-9pm SC, T, Z	17 6am-9pm Z, S, A,, Z	18 6am-9pm SC, T, Z	19 6am-9pm Z, S, A,, Z Only the Turkey Should Gobble WC 3pm	20 6am-7pm TBC	21 9am-2pm
22 4pm-9pm	23 6am-9pm SC, T, Z	24 6am-9pm Z, S, A,, Z	25 8am-12pm	26 Closed Thanksgiving	27 Closed	28 4pm-9pm
29 4pm-9pm	30 6am-9pm SC, T, Z	<p>606-783-2083 201 Playforth Place www.moreheadstate.edu/wellness</p>				

## Group Fitness Classes

**FREE for current members:**

**Abs (A): T/Th 5:30-6pm**

**Training w/TY (T): M/W 5-5:45pm**

### Live Well/Work Well classes

**Step Circuit (SC): M/W 12-1pm**

**Step (S): T/Th 4:45-5:25 pm**

**Zumba (Z): T/Th 12-12:45pm**

**Total Body Conditioning (TBC):  
F 12-12:45pm**

**Students welcome on a stand-by basis once all Live Well/Work Well participants have been admitted to class.**



MSU Wellness Center Presents:

# Only the Turkey Should Gobble!

- Updating Thanksgiving recipes for a healthy lifestyle
- Discover healthy yet satisfying dinner substitutions
- Learn how much exercise is needed to burn off your Thanksgiving feast
- Review portion sizes for your favorite foods

**When:** Nov 19<sup>th</sup> at 3pm

**Where:** Wellness Center

Live Well/Work Well participants  
receive 2 points for attendance

