



GROUP ACTIVITY AGENDA

TIME	TOPIC
10 – 10:30 a.m.	<p>MEDITATION SESSION: CULTIVATING COMPASSION <i>Maureen Shelton, Spiritual Health</i></p> <p>Come center yourself and learn about CBCT® a cognitively-based compassion training that systematically works to cultivate compassion for others.</p>
10:30 – 11 a.m.	<p>EXERCISE DEMO: TOTAL BODY WORKOUT AT THE BARRE! <i>Lisa Hill, Barre 3</i></p> <p>Learn how to build strength and flexibility to improve your body's balance and posture.</p>
11:15 – 11:45 a.m.	<p>EXERCISE DEMO: RELAX, RELATE, RELEASE ... YOGA TIME! <i>Dr. Carla Haack, Emory School of Medicine</i></p> <p>Make sure you wear loose-fitting clothing and comfortable shoes if you want to participate.</p>
Noon – 12:45 p.m.	<p>SELF-DEFENSE CLASS <i>Officers Matt Davis & Stephen Casole, Emory Police</i></p> <p>Take part in this hands-on course to learn how to protect yourself in everyday situations.</p>
1 – 1:30 p.m.	<p>EXERCISE DEMO: RETROFIT DANCE CLASS <i>Desiree Nathanson, Interfusion Fitness</i></p> <p>Alternating between disco, 80s, and 90s hits, small hand weights are used to increase the intensity of this follow along class.</p>

ALL ACTIVITIES WILL TAKE
PLACE IN THE **GROUP**
EXERCISE ROOM!

