

Health Matters Classes, Summer 2012

Register now! Classes begin in May!

University Park

Yoga (WEL 095)

Section 1 begins 5/8/2012

Tuesdays, 12:00 PM - 1:00 PM

Memorial Lounge, Pasquerilla Spiritual Center

University Park, *Christine DeHart*

Yoga (WEL 095)

Section 2 begins 5/8/2012

Tuesdays, 5:30 PM - 6:30 PM

Penn Stater, Check Kiosk When Entering

University Park, *Christine DeHart*

Yoga (WEL 095)

Section 3 begins 5/10/2012

Thursdays, 11:00 AM - 12:00 PM

Memorial Lounge, Pasquerilla Spiritual Center

University Park, *Christine DeHart*

Yoga (WEL 095)

Section 4 begins 5/10/2012

Thursdays, 5:30 PM - 6:30 PM

Penn Stater, Check Kiosk When Entering

University Park, *Christine DeHart*

Yoga (WEL 095)

Section 5 begins 5/11/2012

Fridays, 12:00 PM - 1:00 PM

Memorial Lounge, Pasquerilla Spiritual Center

University Park, *Christine DeHart*

Power Yoga I (WEL 533)

Section 1 begins 5/9/2012

Wednesdays, 11:00 AM - 12:00 PM

Frizzell Room, Pasquerilla Spiritual Center

University Park, *Christine DeHart*

Power Yoga II (WEL 463)

Section 1 begins 5/11/2012

Fridays, 11:00 AM - 12:00 PM

Memorial Lounge, Pasquerilla Spiritual Center

University Park, *Christine DeHart*

Pi-lotta Yoga (WEL 312)

Section 1 begins 5/7/2012

Mondays, 1:00 PM - 2:00 PM

Memorial Lounge, Pasquerilla Spiritual Center

University Park, *Pamela Zentner*

Pi-lotta Yoga (WEL 312)

Section 2 begins 5/8/2012

Tuesdays, 5:30 PM - 6:30 PM

Movement Arts Studio, Kelly Alley

University Park, *Pamela Zentner*

Pilates (WEL 309)

Section 1 begins 5/7/2012

Mondays, 5:30 PM - 6:30 PM

Penn Stater, Check Kiosk When Entering

University Park, *Pamela Zentner*

Pilates (WEL 309)

Section 3 begins 5/9/2012

Wednesdays, 12:00 PM - 1:00 PM

Frizzell Room, Pasquerilla Spiritual Center

University Park, *Melissa Sherbondy*

Pilates (WEL 309)

Section 2 begins 5/11/2012

Fridays, 12:15 PM - 1:15 PM

Movement Arts Studio, Kelly Alley

University Park, *Pamela Zentner*

Pilates Plus (WEL 448)

Section 1 begins 5/9/2012

Wednesdays, 5:30 PM - 6:30 PM

Penn Stater, Check Kiosk When Entering

University Park, *Pamela Zentner*

Zumba (WEL 531)

Section 1 begins 5/7/2012

Mondays, 12:00 PM - 1:00 PM

Frizzell Room, Pasquerilla Spiritual Center

University Park, *Teresa Soler*

Zumba (WEL 531)

Section 2 begins 5/8/2012

Tuesdays, 11:00 AM - 12:00 PM

Frizzell Room, Pasquerilla Spiritual Center
University Park, *Teresa Soler*

Zumba (WEL 531)

Section 3 begins 5/8/2012

Tuesdays, 5:30 PM - 6:30 PM

Drill Deck, Wagner
University Park, *Teresa Soler*

Zumba (WEL 531)

Section 4 begins 5/9/2012

Wednesdays, 1:00 PM - 2:00 PM

Frizzell Room, Pasquerilla Spiritual Center
University Park, *Teresa Soler*

Zumba (WEL 531)

Section 5 begins 5/10/2012

Thursdays, 12:00 PM - 1:00 PM

Frizzell Room, Pasquerilla Spiritual Center
University Park, *Teresa Soler*

Zumba (WEL 531)

Section 6 begins 5/10/2012

Thursdays, 5:30 PM - 6:30 PM

Drill Deck, Wagner
University Park, *Teresa Soler*

Zumba (WEL 531)

Section 7 begins 5/11/2012

Fridays, 12:00 PM - 1:00 PM

Mezzanine, Rec Hall
University Park, *Melissa Sherbondy*

Fit & Fifty (WEL 534)

Section 1 begins 5/8/2012

Tuesdays, 12:00 PM - 1:00 PM

334 James M. Elliott
University Park, *Pamela Zentner*

Strong Women (WEL 435)

Section 1 begins 5/16/2012

Monday & Wednesdays, 12:00 PM - 1:00 PM

212 Pasquerilla Spiritual Center
University Park, *Bonnie Rossman*

Strong Women (WEL 435)

Section 2 begins 5/16/2012

Monday & Wednesdays, 5:15 PM - 6:15 PM

Elmore Wing Lobby, Noll Lab
University Park, *Dr. Mary Lou Kiel*

Strong Women (WEL 435)

Section 3 begins 5/17/2012

Tuesdays & Thursdays, 10:00 AM - 11:00 AM

Multi-Purpose Room, Trinity Lutheran Church
University Park, *Carolyn Lembeck*

Strong Women (WEL 435)

Section 4 begins 5/23/2012

Monday & Wednesdays, 5:30 PM - 6:30 PM

Liberty Hill Clubhouse
University Park, *Linda Feltman*

Strong Women (WEL 435)

Section 5 begins 5/17/2012

Tuesdays & Thursdays, 8:45 AM - 9:45 AM

Liberty Hill Clubhouse
University Park, *Susanna Lembeck-Edens*

Guided Meditation for Inner Peace (WEL 635)

Section 1 begins 5/1/2012

Tuesdays, 11:30 AM - 12:30 PM

403 Grange
University Park, *Adrienne Nicastro*

Guided Meditation for Inner Peace (WEL 635)

Section 2 begins 6/19/2012

Tuesdays, 11:30 AM - 12:30 PM

403 Grange
University Park, *Adrienne Nicastro*

Midday Meditation (WEL 602)

Section 1 begins 5/23/2012

Wednesdays, 12:00 PM - 1:00 PM

118, Pasquerilla Spiritual Center
University Park, *Neera Chander*

Midday Meditation (WEL 602)

Section 2 begins 7/11/2012

Wednesdays, 12:00 PM - 1:00 PM

118, Pasquerilla Spiritual Center
University Park, *Neera Chander*

Discover Relaxation Within II (WEL 504)

Section 1 begins 5/8/2012

Tuesdays, 1:00 PM - 2:00 PM

301D Life Sciences

University Park, *Adrienne Nicastro*

Discover Relaxation Within I (WEL 503)

Section 2 begins 6/19/2012

Tuesdays, 5:30 PM - 6:30 PM

115A The 329 Building

University Park, *Adrienne Nicastro*

Adult CPR/AED (WEL 281)

Section 1 is 6/20/2012

Wednesday, 1:00 PM - 4:00 PM

334 James M. Elliott

University Park, *Health Matters Instructor*

Adult, Child CPR/AED & Infant CPR (WEL 283)

Section 1 is 5/23/2012

Wednesday, 8:30 AM - 12:30 PM

334 James M. Elliott

University Park, *Health Matters Instructor*

Campus Walkabouts: Arboretum (WEL 638)

Section 4 is 5/2/2012

Wednesday, 12:00 PM - 1:00 PM

Meet at the Arboretum facility

University Park, *Linda Tobin*

Pedal Picnic: Millbrook Marsh (WEL 473)

Section 2 is 5/10/2012

Thursday, 12:00 PM - 1:15 PM

Meet at the marquee of the Bryce Jordan Center

University Park, *Linda Tobin*

Towards Daylight (WEL 648)

Session is 6/18/2012

Monday, 12:00 PM - 1:30 PM

Section 1: 334 James M Elliott Building

Section 2: Adobe Connect

University Park, *Susan Kennedy, Evelyn Wald MS, M.Div.*

Basics of Breastfeeding (WEL 596)

Section 1 is 5/19/2012

Saturday, 9:00 AM - 10:15 AM

312 Penn State Hershey Medical Group Park Ave

University Park, *Lauren Lowe*

Basics of Breastfeeding (WEL 596)

Section 2 is 6/16/2012

Saturday, 9:00 AM - 10:15 AM

312 Penn State Hershey Medical Group Park Ave

University Park, *Lauren Lowe*

Basics of Breastfeeding (WEL 596)

Section 3 is 7/21/2012

Saturday, 9:00 AM - 10:15 AM

312 Penn State Hershey Medical Group Park Ave

University Park, *Lauren Lowe*

Basics of Breastfeeding (WEL 596)

Section 4 is 8/11/2012

Saturday, 9:00 AM - 10:15 AM

312 Penn State Hershey Medical Group Park Ave

University Park, *Lauren Lowe*

Working and Breastfeeding (WEL 597)

Section 1 is 5/19/2012

Saturday, 10:15 AM - 11:30 AM

312 Penn State Hershey Medical Group Park Ave

University Park, *Lauren Lowe*

Working and Breastfeeding (WEL 597)

Section 2 is 6/16/2012

Saturday, 10:15 AM - 11:30 AM

312 Penn State Hershey Medical Group Park Ave

University Park, *Lauren Lowe*

Working and Breastfeeding (WEL 597)

Section 3 is 7/21/2012

Saturday, 10:15 AM - 11:30 AM

312 Penn State Hershey Medical Group Park Ave

University Park, *Lauren Lowe*

Working and Breastfeeding (WEL 597)

Section 4 is 8/11/2012

Saturday, 10:15 AM - 11:30 AM

312 Penn State Hershey Medical Group Park Ave

University Park, *Lauren Lowe*

Hazleton

Adult CPR/AED (WEL 281)

Section 20 is 5/3/2012

Thursday, 8:30 AM - 11:30 AM

Upper Gym, Physical Ed Building

Hazleton, *Karen Stylianides*

Adult CPR/AED (WEL 281)

Section 21 is 5/3/2012

Thursday, 12:00 PM - 3:00 PM

Upper Gym, Physical Ed Building

Hazleton, *Karen Stylianides*

Schuylkill

Body Sculpting (WEL 632)

Section 1 begins 5/15/2012

Tuesdays, 11:00 AM - 12:00 PM

202 Health and Wellness

Schuylkill, *Stephanie Unger*

Adult CPR/AED (WEL 281)

Section 15 is 5/22/2012

Tuesday, 9:00 AM - 12:00 PM

202 Health and Wellness

Schuylkill, *CeCe Boran*

Yoga (WEL 095)

Section 68 begins 4/25/2012

Wednesdays, 6:00 PM - 7:15 PM

202 Health and Wellness

Schuylkill, *Michelle D'Agostino*

Adult CPR/AED (WEL 281)

Section 16 is 5/23/2012

Wednesday, 9:00 AM - 12:00 PM

202 Health and Wellness

Schuylkill, *CeCe Boran*

Great Valley

Yoga (WEL 095)

Section 17 begins 5/1/2012

Tuesdays, 12:00 PM - 1:00 PM

206 Main Bldg

Great Valley, *Deb Williams*

Abington

Yoga (WEL 095)

Section 12 begins 5/2/2012

Wednesdays, 4:00 PM - 5:00 PM

Lares Banquet Room

Abington, *Dori Costello*

Zumba (WEL 531)

Section 1 begins 4/16/2012

Mondays, 4:00 PM - 5:00 PM

Mezzanine, Gym

Abington, *Dori Costello*

Harrisburg

Yoga (WEL 095)

Section 16 begins 4/24/2012

Tuesdays, 12:00 PM - 1:00 PM

Capital Union Building

Harrisburg, *Stephanie Trump*

Pilates (WEL 309)

Section 6 begins 5/17/2012

Thursdays, 5:30 PM - 6:30 PM

Student Center of CUB

Harrisburg, *Jennifer Price*

Worthington Scranton

Yoga (WEL 095)

Section 15 begins 4/23/2012

Mondays, 12:00 PM - 1:00 PM

Sherbine, Lounge

Worthington Scranton, *Michele Kelsch*

Discover Relaxation Within I (WEL 503)

Section 1 begins 6/4/2012

Mondays, 11:00 AM - 12:00 PM

Adobe Connect

Worthington Scranton, *Adrienne Nicastro*

Wilkes-Barre

Discover Relaxation Within I (WEL 503)

Section 1 begins 6/4/2012

Mondays, 11:00 AM - 12:00 PM

Adobe Connect

Wilkes-Barre, *Adrienne Nicastro*

College of Medicine

Drop 10 in 10: Weight Management (WEL 535)

Section 1 begins 5/23/2012

Wednesdays, 4:30 PM - 5:30 PM

1832 BMR

College of Medicine, *Margaret (Meg) Rowe*

All Campuses

Rail Trail Ride: The Lower Trail (WEL 600)

Section 1 is 5/19/2012

Saturday, 10:00 AM - 1:00 PM

Meet at the Alpherata Station Trail Access, off US Rte. 22

All Campuses, *Linda Tobin*