**SC Wellness Day 2025**

**“Empowering Excellence through Emotional Fitness”**

0745-0800 Welcome and Introduction

0800-0900 Moriah Kent- Emotional Intelligence

0900-0915 Snack Break

0915-1015 Kim Graham- Mindful Leadership

1015-1030 Snack Break

1030-1130 Blake Butcher- Happiness Puzzle

1145-1245 Employee Education Benefits Panel (A chance to ask questions and find out more opportunities you have about your education benefit approved by the Veteran’s Resource Center, AU and AUM campus)

1145-1245 Bagged lunch on your own in the MAC gym

1-3pm Vendors- MAC Gym (Set up will start at 1215)

3:30-4pm Closing Remarks- MAC Gym

1130-8pm Gym/Pool/Indoor Track/Group Fitness Classes Access

**Climbing Wall**

We will open the climbing wall from 1 - 7 PM on June 25th. Anyone participating will receive a climbing wall orientation prior to climbing if they have not already received an orientation with us. Equipment needed to climb is provided! The auto-belay routes and bouldering cave will be open for use, and dependent on how many participants are involved, there may be a staff member who can belay individuals, but this is not guaranteed.

**Group Fitness Classes**

The Group Fitness team welcomes all Staff members to participate in Group Fitness classes on Wednesday, June 25. Classes will begin at 6:30am with the final class starting at 5:15pm. Please arrive early to check in with the instructor and sign in by scanning a QR code. Each class has limited equipment and space. Once a class is full, we cannot accommodate additional walk-ins. Proper attire is required: wear athletic clothing and tennis shoes for strength and cardio classes. Hydration is encouraged, so bringing a water bottle is recommended.

**The classes listed below are the 2024 classes; I will update once I receive the 2025 list.**

Cycle 45- RWC, Cycle Studio at 0630 AM Pilates- RWC, Mind/Body Studio at 0700AM Quick Fit Abs- RWC, Tiger Rm at 1200PM Yoga- RWC, Mind/Body Studio at 1200PM Hip Hop Kickboxing- RWC, Eagle Rm at 3PM Stretch & Relax- RWC Mind/Body Studio at 4PM Barre Essentials- RWC, Eagle Rm at 5:15PM