

# Group Ex. FEATURE OF THE WEEK

## What to do:

- ⇒ Attend the specified feature class during the specified 2-week period
- ⇒ Make sure to sign up for all classes via our website [www.studentwellnesscentre.ca](http://www.studentwellnesscentre.ca) or using our Fanshawe Student Wellness Centre App
- ⇒ Make sure your instructor signs you into the class
- ⇒ Follow the instructor as well as a modifier show you how to be successful in this class
- ⇒ Attendance for these classes will count as bonus points for our winter term [Group Exercise Challenge](#)



We will track your attendance and automatically enter you for our bi-weekly draw!

- ⇒ Personal Training and Nutrition Coaching
- ⇒ Entrance to our Exclusive Group Training Programs
- ⇒ Various community partner prizes such as swag, gift certificates, tickets and more!

## Feature Class Schedule:

- Sept 17-Sept 28 → 6 Pack & Backpack
- Oct 1-Oct 12 → Insanity
- Oct 15-Oct 26 → Vinyasa Yoga & Acro Yoga Event
- Oct 29-Nov 9 → Glutes Guts Guns and Athletic Step
- Nov 12-Nov 23 → Power Punch
- Nov 26-Dec 7 → Guided Meditation and Foam Rolling
- Jan 21-Feb 1 → Spin & Penguin Spin Event
- Feb 4-Feb 15 → Dance X
- Feb 25-Mar 8 → Ropes Gone Wild
- Mar 11-Mar 22 → Yoga
- Mar 25-Apr 5 → Body Blast