

MAY 2025

EMPLOYEE HEALTH & FITNESS MONTH

HOURS OF OPERATION:

M-F: 6 AM - 8 PM

Weekends: 8 AM - 7 PM

CONTACT THE TEAM:

ljr72@drexel.edu sallman@salus.edu

HIGHLIGHTS:

- x 5K Your Way Registration
- x New Class Schedule
- x Memorial Day Hours

Memorial Day Hours

SAT MAY 24: 8 AM - 4 PM

SUN MAY 25: 8 AM - 4 PM

MON MAY 26: CLOSED

Outdoor Workouts for Springtime



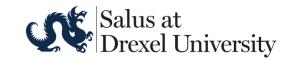
Take advantage of warmer temperatures and sunny days!

- Find a nearby trail to walk or jog
- Bike to a friend's house
- Take your yoga mat to your yard or porch

Give Us your Feedback

Next time your in the HSCC look out for the QR code to leave us feedback! We love to know how we are doing and where we could improve.







Fit Clip: Desk Strength



<u>Click here</u> to view our May Fit Clip. Coach Jess helps you build strength and stamina right at your desk!



Stay in the Know





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MON

Morning Energizer 11:15a-11:45a Alyce

Cycle & Strength 12:15p-12:45p *Joe*

Restorative Yoga 5:15p-6:00p Sam

TUE

Cardio Kickboxing 12:15p-12:45p *Joe*

> Vinyasa Yoga 5:15p-6:00p Sam

WED

Vinyasa Yoga 2:00p-2:45p Sam

Interval & Strength 5:15p-6:00p *Joseph*



THU

Gentle Yoga 12:15p-12:45p Sam

FRI

Cardio Kickboxing 12:15p-12:45p *Joe*

SAT

Low Impact Chair Cardio 10:15p-10:45p Alyce





Meet Your Team 😪





Joe Riley Health Fitness Program Managar ljr72@drexel.edu



Samantha Allman Health Fitness Specialist sallman@salus.edu



Joseph Sherwin Fitness Specialist jsherwin@salus.edu



Alyce Ruiz Fitness Specialist