



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



## Functional Wellness Course Schedule

Event Name Recovery Functional Fitness and Wellness at the Athens YMCA

Event Date March 14<sup>th</sup> – May 18<sup>th</sup> every Tuesday & Thursday

Event Time 12p-12:45

Date of Class	Start Time	End Time	Instructor	Name of Class
Tuesday March 14 <sup>th</sup>	12:00 p	12:45 p	Elyse, Heather, Vivian, Raquel, Julie	Welcome and Introduction to Fitness
Thursday March 16 <sup>th</sup>	12:00 p	12:45 p	Katie Calkin, MPH, MCHES	Mindfulness for Stress Management
Tuesday March 21 <sup>st</sup>	12:00 p	12:45 p	Vivian Smith	Balance and Stability
Thursday March 23 <sup>rd</sup>	12:00 p	12:45 p	Katie Calkin, MPH, MCHES	Getting Good Sleep
Tuesday March 28 <sup>th</sup>	12:00 p	12:45 p	Heather Pittman	Cardio/Strength
Thursday March 30 <sup>th</sup>	12:00 p	12:45 p	Sandy Pyle, RN, BSN, Mgr. Cancer Support Services	Cancer Risk Reduction
Tuesday April 4 <sup>th</sup>	12:00 p	12:45 p	Raquel Durden	Mindfulness/Stretch
Thursday April 6 <sup>th</sup>	12:00 p	12:45 p	Lauren Liverman, LCSW	Coping with Life Changes and Transitions
Tuesday April 11 <sup>th</sup>	12:00 p	12:45 p	Elyse Giles	Cardio/Strength
Thursday April 13 <sup>th</sup>	12:00 p	12:45 p	Katie Calkin, MPH, MCHES	Tai Chi
Tuesday April 18 <sup>th</sup>	12:00 p	12:45 p	Vivian Smith	Balance and Stability
Thursday April 20 <sup>th</sup>	12:00 p	12:45 p	Sandy Pyle, RN, BSN, Mgr. Cancer Support Services	Sun Safety
Tuesday April 25 <sup>th</sup>	12:00 p	12:45 p	Julie Mackin	Gentle Yoga
Thursday April 27 <sup>th</sup>	12:00 p	12:45 p	Sandy Broyles, RN	Healthy Immune System
Tuesday May 2 <sup>nd</sup>	12:00 p	12:45 p	Heather Pittman	Cardio/Strength
Thursday May 4 <sup>th</sup>	12:00 p	12:45 p	Sandy Broyles, RN	Healthy Hydration
Tuesday May 9 <sup>th</sup>	12:00 p	12:45 p	Raquel Durden	Mindfulness/Stretch
Thursday May 11 <sup>th</sup>	12:00 p	12:45 p	Katie Calkin, MPH, MCHES	Choose My Plate
Tuesday May 16 <sup>th</sup>	12:00 p	12:45 p	Vivian Smith	Balance and Stability
Thursday May 18 <sup>th</sup>	12:00 p	12:45 p	Angela Burgess, RN, RYT500	Mindful Movement

*Athens YMCA professionals teach on Tuesdays, Piedmont Athens Regional professionals teach on Thursdays.*

