

Nell Mitchell Lectures Fall 2017

Anyone is welcome to attend these 45 minute lectures...bring a friend!
 (Lifetime Fitness students may earn points toward their grade by attending lectures.
 Please access your course thru D2L or contact your Course Instructor regarding the points policies.)

<i>Day</i>	<i>Date</i>	<i>Time</i>	<i>Lecture Title</i>	<i>Location</i>	<i>Instructor</i>
Wed	10/4	1:15pm	Are You Stretching Properly?	GYM 022	Deborah
Thu	10/5	9:30am	Conquering Procrastination	GYM 013	Ruth
Tues	10/10	12:00pm	Conquering Procrastination	GYM 021	Ruth
Wed	10/11	5:15pm	Got Knots? Try Foam Roller Massage!	CC 234	Deborah
Thu	10/17	1:15pm	Yoga Basics	COM 319	Tina
Wed	10/18	1:15pm	Are You Stretching Properly?	GEB 233	Deborah
Thurs	10/19	1:15pm	Say Goodbye to Back Pain	GYM 022	Deborah
Wed	10/25	9:00am	Yoga Basics	COM 319	Tina
Thurs	10/26	5:15pm	Healing Power of Food	CC 234	Ruth
Fri	10/27	12:00pm	Healing Power of Food	GYM 021	Ruth
Wed	11/1	6:00pm	De-Cluttering Your Life	CC 234	Ruth
Thu	11/2	12:00pm	De-Cluttering Your Life	ATB 129	Ruth
Wed	11/8	5:15pm	Say Goodbye to Back Pain	CC 234	Deborah
Thu	11/9	1:15pm	Got Knots? Try Foam Roller Massage!	GYM 022	Deborah
Mon	11/13	2:15pm	Self Efficacy: The Science of Confidence	GEB 233	Ruth
Tue	11/14	1:30pm	Sustainable Weight Loss	COM 319	Tina
Wed	11/15	5:15pm	No Gym, No Problem—Workout at Home!	CC 232	Deborah
Tues	11/21	12:00pm	Self Efficacy: The Science of Confidence	GEB 233	Ruth
Tues	11/28	9:00am	Ways to Impact Your Energy	GEB 233	Ruth
Wed	11/29	10:00am	Sustainable Weight Loss	COM 319	Tina
Tues	12/5	5:30pm	Ways to Impact Your Energy	GYM 021	Ruth
Wed	12/6	1:15pm	No Gym, No Problem—Workout at Home!	GYM 022	Deborah