

- 7:45am-8:00am**- Welcome and Introduction
- 8:00am-8:45am**- Becky Barlow- Forest Bathing  
MAC Gym
- 8:45am-9:00am**-Break
- 9:00am-9:45am**- Blake Butcher- Navigating Emotions: Uncovering Hidden Insights with the M.A.P. Approach
- 9:00am-3:00pm**- Healthy Tiger Screenings  
Aubie Room
- 9:45am-10:00am**- Break
- 10:00am-1:00pm**- Vendors  
MAC Gym
- 10:00am-3:15pm**- Gym/Pool/Indoor Track/Group Fitness Access
- 11:45am-12:45pm**- Bagged lunch on your own  
(Find a shady spot with friends)
- 3:30pm-4:00pm**- Raffles and Closing Remarks  
MAC Gym

### **Climbing Wall**

We will open the climbing wall from 1 - 7 PM on June 26th. 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 Council members to participate in Group Fitness classes on Wednesday, June 26. 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.

6:30am	Cycle 45	Cycle Studio
7:00am	Pilates	Mind/Body Studio
12:00pm	Quick Fit Abs	Tiger Room
12:00pm	Yoga	Mind/Body Studio
3:00pm	Hip Hop Kickboxing	Eagle Room
4:00pm	Stretch & Relax	Mind/Body Studio
5:15pm	Barre Essentials	Eagle Room