



# Active Aggies Mobile

We bring activity to you!



## WINTER 2019

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**noon – 1 p.m.**

Monday, Wednesday, Friday

Bodyweight Circuit sessions, including bonus Yoga Strength on Fridays, will run from Jan. 7 - March 15 in Old Scrubs in the Health Sciences District (room 150).

Tuesday and Thursday Yoga Strength sessions will run from Jan. 8 - March 15 in the Mondavi Center.

This event is open to all UC Davis faculty, staff, and students.

**LIMITED ENROLLMENT**

Register at <https://bit.ly/2EhY0zB> for Monday, Wednesday, and Friday sessions and <https://bit.ly/2E6a2LO> for Tuesday and Thursday sessions.

For more information visit our website at [wellbeing.ucdavis.edu](http://wellbeing.ucdavis.edu). You may also reach us by email at [wellbeing@ucdavis.edu](mailto:wellbeing@ucdavis.edu).

*healthy*  
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