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 in encouraged, so bringing a water bottle is recommended.

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Room</th>
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<tbody>
<tr>
<td>6:30am</td>
<td>Cycle 45</td>
<td>Cycle Studio</td>
</tr>
<tr>
<td>7:00am</td>
<td>Pilates</td>
<td>Mind/Body Studio</td>
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<tr>
<td>12:00pm</td>
<td>Quick Fit Abs</td>
<td>Tiger Room</td>
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<tr>
<td>12:00pm</td>
<td>Yoga</td>
<td>Mind/Body Studio</td>
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<tr>
<td>3:00pm</td>
<td>Hip Hop Kickboxing</td>
<td>Eagle Room</td>
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<tr>
<td>4:00pm</td>
<td>Stretch &amp; Relax</td>
<td>Mind/Body Studio</td>
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<tr>
<td>5:15pm</td>
<td>Barre Essentials</td>
<td>Eagle Room</td>
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