

UTRGV™

Department of Health
& Human Performance

WELLNESS HOURS

» *Open to Full Time Employees*

STARTING SEPTEMBER 12TH!

Brownsville Campus: "Resistance Training"

Monday & Wednesday
4:00 PM – 6:30 PM

Tuesday & Thursday
4:00 PM – 7:30 PM
BCRTZ 224

Edinburg Campus: "Resistance Training"

Monday thru Thursday
12:30 PM – 2:30 PM
5:00 PM to 7:00 PM

Friday 11:30 AM – 2:30 PM
EHPE2 116



Reminders

- Wear comfortable clothes
- Tennis shoes
- Bring water to stay hydrated
- Towel
- And let's do this!!

For more information please call (956) 882-8290 or (956) 665-3501