



# Active Aggies Mobile

We bring activity to you!



## FALL 2018

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**noon – 1 p.m.**

Monday and Wednesday  
Bodyweight Circuit sessions will run  
from Sept. 24 - Dec. 5 in Old Scrubs in  
the Health Sciences District (room 150).

Tuesday and Thursday Yoga for  
Strength sessions will run from  
Sept. 27 - Dec. 6 in the Mondavi  
Center.

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

**LIMITED ENROLLMENT**

Register at <https://bit.ly/2CgNsRp> for  
Monday and Wednesday sessions and  
<https://bit.ly/2wH42DL> 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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Health and Well-being