



*University*

## May

**Tuesday, May 1**

Office Chair Yoga - 6:00 p.m.  
Speaker: Amanda Allison

**Tuesday, May 8**

Super Foods - 6:30 p.m.  
Speaker: Jennifer Lynch, Renew

**Wednesday, May 9**

Nutrition 101 - 11:00 a.m. and 6:00 p.m.  
Speaker: Amanda Allison / Josh Williams

**Wednesday, May 16**

Intro to Intensity- 5:30 p.m.  
Speaker: Jen Gatlin

**Thursday, May 17**

Raw Foods - 6:00 p.m.  
Speaker: Kelsey Thurk & Yvonne Perry

**Wednesday, May 23**

Nutrition 201 - 11:00 a.m. and 6:00 p.m.  
Speaker: Amanda Allison / Josh Williams

## June

**Wednesday, June 6**

Nutrition 101 - 11:00 a.m. and 6:00 p.m.  
Speaker: Amanda Allison / Josh Williams

**Wednesday, June 13**

Take Back your Life from Back Pain - 6:00 p.m.  
Speaker: Matt Schroeder, MS, PT, MTC

**Tuesday, June 19**

Kids Nutrition- 6:00 p.m.  
Speaker: Amanda Allison

**Tuesday, June 26**

Composting - 6:30 p.m.  
Speakers: Jennifer Lynch, Renew

**Wednesday, June 27**

Nutrition 201 - 11:00 a.m. and 6:00 p.m.  
Speaker: Amanda Allison / Josh Williams

**GENESYS**  
ATHLETIC CLUB

(810) 606-7300  
[GenesysAthleticClub.com](http://GenesysAthleticClub.com)