

### BRAIN FIT SCHEDULE – June 13-19, 2019

STUDENTS: here is your opportunity to boost your brain power just before you go into your exams. Below is a schedule of exercise/movement/play options – our SMUS Brain Fit sessions – that you can attend throughout the exam period.

The sessions are offered 40 minutes before each scheduled exam. The exercise sessions will end 10-15 minutes prior to your exam to maximize the positive impact on boosting brain power.

#### THURSDAY, JUNE 13

	Brain Fit #1	Brain Fit #2	Brain Fit #3	Brain Fit #4
<b>7:15-7:55 am</b>	<b>Yoga and Mindfulness</b> <i>(Location TBD)</i>	<b>Fitness Blast</b> <i>(Fitness Centre)</i>	<b>Minor Games</b> Floor hockey, basketball, handball, soccer. <i>(Location TBD)</i>	N/A
<b>11:35 am - 12:15 pm</b>	<b>Yoga and Mindfulness</b> <i>(Location TBD)</i>	<b>Fitness Blast</b> <i>(Fitness Centre)</i>	<b>Minor Games</b> Floor hockey, basketball, handball, soccer. <i>(Location TBD)</i>	<b>Field Games</b> Grass volleyball, spike ball, ladder golf. <i>(Field)</i>

#### FRIDAY, JUNE 14

	Brain Fit #1	Brain Fit #2	Brain Fit #3
<b>7:15-7:55 am</b>	<b>Yoga and Mindfulness</b> <i>(Location TBD)</i>	<b>Fitness Blast</b> <i>(Fitness Centre)</i>	<b>Minor Games</b> Floor hockey, basketball, handball, soccer. <i>(Location TBD)</i>
<b>11:35 am - 12:15 pm</b>	<b>Zumba</b> <i>(Field - weather permitting)</i>	<b>Fitness Blast</b> <i>(Fitness Centre)</i>	<b>Field Games</b> Grass volleyball, spike ball, ladder golf. <i>(Field)</i>

**MONDAY, JUNE 17**

	Brain Fit #1	Brain Fit #2	Brain Fit #3	Brain Fit #4
<b>7:15-7:55 am</b>	<b>Yoga and Mindfulness</b> <i>(Location TBD)</i>	<b>Fitness Blast</b> <i>(Fitness Centre)</i>	<b>Minor Games</b> Floor hockey, basketball, handball, soccer. <i>(Location TBD)</i>	N/A
<b>11:35 am - 12:15 pm</b>	<b>Yoga and Mindfulness</b> <i>(Location TBD)</i>	<b>Fitness Blast</b> <i>(Fitness Centre)</i>	<b>Minor Games</b> Floor hockey, basketball, handball, soccer. <i>(Location TBD)</i>	<b>Field Games</b> Grass volleyball, spike ball, ladder golf. <i>(Field)</i>

**TUESDAY, JUNE 18**

	Brain Fit #1	Brain Fit #2	Brain Fit #3	Brain Fit #4
<b>7:15-7:55am</b>	<b>Yoga and Mindfulness</b> <i>(Location TBD)</i>	<b>Fitness Blast</b> <i>(Fitness Centre)</i>	<b>Minor Games</b> Floor hockey, basketball, handball, soccer. <i>(Location TBD)</i>	N/A
<b>11:35 am - 12:15 pm</b>	<b>Yoga and Mindfulness</b> <i>(Location TBD)</i>	<b>Fitness Blast</b> <i>(Fitness Centre)</i>	<b>Minor Games</b> Floor hockey, basketball, handball, soccer. <i>(Location TBD)</i>	<b>Field Games</b> Grass volleyball, spike ball, ladder golf. <i>(Field)</i>

**WEDNESDAY, JUNE 19**

	Brain Fit #1	Brain Fit #2	Brain Fit #3	Brain Fit #4
<b>7:15-7:55 am</b>	<b>Yoga and Mindfulness</b> <i>(Location TBD)</i>	<b>Fitness Blast</b> <i>(Fitness Centre)</i>	<b>Minor Games</b> Floor hockey, basketball, handball, soccer. <i>(Location TBD)</i>	N/A
<b>11:35 am - 12:15 pm</b>	<b>Yoga and Mindfulness</b> <i>(Location TBD)</i>	<b>Fitness Blast</b> <i>(Fitness Centre)</i>	<b>Minor Games</b> Floor hockey, basketball, handball, soccer. <i>(Location TBD)</i>	<b>Field Games</b> Grass volleyball, spike ball, ladder golf. <i>(Field)</i>