

EXAM CRAM



APRIL 15

Slow Flow Yoga
6:00 PM | Kelly Turf Building
Multipurpose Room

APRIL 16

Sunrise Yoga
9:00 AM | Holton Hooker
Multipurpose Room

Chair Massages
11:00 AM - 1:00 PM | Mary
Idema Pew Library, Lower Level

Sleep/Stress Screenings
11:00 AM - 1:00 PM | Mary
Idema Pew Library, Lower Level

Power Yoga
6:00 PM | Kelly Turf Building,
Multipurpose Room

Color Me Stressed
6:00 - 11:00 PM | Mary Idema
Pew Library, Knowledge Market

Express Abs
7:00 PM | Rec Center,
Instructional Fitness Studio

Strength Spin
8:00 PM | Rec Center,
Instructional Fitness Studio

APRIL 17

West MI Therapy Dogs
2:00 - 4:00 PM | DeVos,
Steelcase Library

Color Me Stressed
6:00 - 11:00 PM | Mary Idema
Pew Library, Knowledge Market

Kickboxing
6:30 PM | Rec Center, Dance
Studio

Zumba
8:30 PM | Rec Center, Dance
Studio

Express Spin
8:30 PM | Rec Center,
Instructional Fitness Studio

Yoga
9:15 PM | Holton Hooker
Multipurpose Room

APRIL 18

Chair Massages
12:00 - 2:00 PM | Kirkhof

Sleep/Stress Screening
12:00 - 2:00 PM | Kirkhof

West MI Therapy Dogs
4:00 - 6:00 PM | CHS, Frey
Library

Interval Spin
6:00 PM | Rec Center,
Instructional Fitness Studio

Stress Management
6:00 - 7:00 PM | Mary Idema
Pew Library, Exhibition Space

Color Me Stressed
6:00 - 11:00 PM | Mary Idema
Pew Library, Knowledge
Market

Barre
6:30 PM | Rec Center, Dance
Studio

Chair Massages
7:00 - 9:00 PM | Mary Idema
Pew Library, Lower Level

Zumba
7:30 PM | Rec Center, Dance
Studio

Yoga for Relaxation
8:00 PM | Kelly Turf Building,
Multipurpose Room

Quiet Room

8:00 AM - 8:00 PM

April 16 | Kirkhof, Rm 2266
April 17 | Kirkhof, Rm 2259
April 19 | Kirkhof, Rm 2259
April 23 | Kirkhof, Rm 2215/2216
April 24 | Kirkhof, Rm 2204
April 25 | Kirkhof, Rm 2215/2216

APRIL 19

Chair Massages
3:00 - 5:00 PM | Mary Idema
Pew Library, Lower Level

West MI Therapy Dogs
5:00 - 7:00 PM | Mary Idema
Pew Library

Color Me Stressed
6:00 - 11:00 PM | Mary Idema
Pew Library, Knowledge Market

Spin & Yoga
6:15PM | Rec Center,
Instructional Fitness Studio

Zumba
6:30 PM | Rec Center, Dance
Studio

Game Night
6:30 - 8:30 PM | Kirkhof, Area 51

Yoga
7:00 | Kelly Turf Building,
Multipurpose Room

HIIT
7:30 PM | Rec Center, Dance
Studio

Hypnotist
9:00 PM | Kirkhof, Grand River
Room

APRIL 20

Chair Massages
12:00 - 2:00 PM | Mary Idema
Pew Library, Lower Level

Laker Showcase
7:00 - 9:00 PM | Kirkhof
Lounge

APRIL 23

**Encouragement from our
Littlest Lakers**
11:00 - 11:30 AM | Mary
Idema Pew Library

Chair Massages
11:00 AM - 2:00 PM | Mary
Idema Pew Library, Lower Level

West MI Therapy Dogs
6:00 - 8:00 PM | Mary Idema
Pew Library

Color Me Stressed
6:00 - 11:00 PM | Mary Idema
Pew Library, Knowledge Market

APRIL 22

Color Me Stressed
6:00 - 11:00 PM | Mary Idema
Pew Library, Knowledge Market

APRIL 24

Coloring and Snacks
11:00 AM - 1:00 PM | Kirkhof,
Room 1201

Color Me Stressed
6:00 - 11:00 PM | Mary Idema
Pew Library, Knowledge Market

APRIL 25

Board Games
12:00 - 2:00 PM | Kirkhof,
Room 1201

Color Me Stressed
6:00 - 11:00 PM | Mary Idema
Pew Library, Knowledge Market

www.gvsu.edu/examcram

Sponsors: University Counseling Center, Student Life, University Libraries, Campus Rec, Writing Center, Campus Dining, Spotlight Productions, ACES, Event Services, Center for Women and Gender Equity, Children's Enrichment Center, and West MI Therapy Dogs