

WELLNESS SPONSORED EXERCISE PROGRAMS

\$25 Fee For Each Program—Paid by 1st week

Attend 12/16 Sessions for \$50 Healthy Bucks or receive 1 hour Health Smart Qualifying Education Credit

ALL PROGRAMS OFFERED BELOW LOCATED ON MAIN CAMPUS -6th FLOOR OF COURTHOUSE



Zumba– Easy & Fun!
Mondays & Wednesdays
5:30-6:30 pm

Beginning Mon Mar. 19– May 9, 2018

Zumba is a Latin-inspired dance/fitness class set to Latin & international music performed at moderate intensity.

Burn Calories & Have fun!
All fitness levels welcomed–
Each dance move is demonstrated
Shoes & Socks required

Yoga for Men & Women

Mondays & Wednesdays
12:05-1:00 PM

Beginning Mon Mar. 19– May 9, 2018



Join this program to improve:

- Balance
- Flexibility
- Core strength

Exercise clothing required,
Shoes not necessary
Bring your own Yoga Mat!

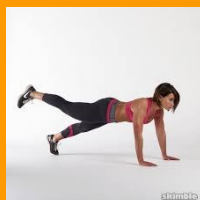
Basic Pilates

Tuesdays & Thursdays
12:05-1:00 PM

Beginning Tues. Mar.20-May 10, 2018

Practice the basics of Pilates, progress at your own pace

- Build strength
- Improve core
- Increase flexibility
- Alleviate low-back pain



Circuit Training for Men & Women

Tuesdays & Thursdays
5:30-6:30 PM

Beginning Tues Mar.20– May10, 2018

BUILD MUSCLE MASS & LOSE WEIGHT

- Combines resistance, strength, & interval training
- Improve aerobic capacity and build strong muscles
- Increase overall muscle mass
- Lose fat

