

Wellness Sponsored Programs

NEW THIS YEAR—2019

FALL GROUP FITNESS CLASSES AVAILABLE

\$30 Program Fee (FREE for those with a CCG Fitness Membership)

Yoga for Men & Women

Mondays & Wednesday 12:05 – 12:55 pm

Oct. 7 to Dec. 9, 2019



Zumba Easy & Fun

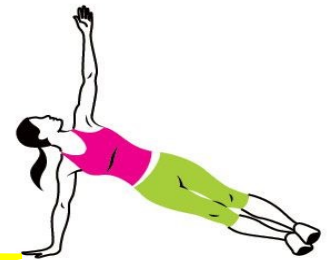
Mondays & Wednesdays 5:30 - 6:30 pm

Oct. 14 to Dec. 16, 2019

Basic Pilates

Tuesday & Thursday 12:05 - 12:55 pm

Oct. 8 to Dec 5, 2019



NEW



Tai Chi

Tues & Thurs 530 - 630 pm

Oct 8 to Dec. 5, 2019

OFFERED AT THE MAIN CAMPUS EMPLOYEE WELLNESS FITNESS CENTER

Register on GoSignMeUp under the 2020 Invest in Your Health/Wellness Heading

Attend 12 of 16 Sessions for \$50HB for 2020.