

Wellness Group Fitness Programs

Main CCG Campus - Employee Fitness Center
3327 Tamiami Trail East (Building next to Facilities)

Growth Management-Plan/Reg
2800 Horseshoe Drive, North

16 Sessions for **\$30** (check payable to BCC; due by OCTOBER 8TH—NO CASH)

FREE for those with a Park n'Rec Fitness Membership with exception of Yoga at GMD

Attend 12 of 16 Sessions for **\$75 Healthy Bucks** (due to Covid-19)

PROGRAMS CLOSED ON HOLIDAYS (NOV. 11, 26, DEC 24, JAN 18)

Register on <http://colliergov.GoSignMeUp.com>

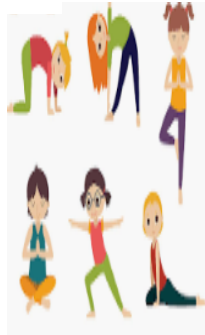
YOGA FOR EVERYBODY-Main Campus

Every Monday & Wednesday

12:05 - 12:55pm

OCTOBER 5—NOVEMBER 30

A Beginners Yoga class everyone will enjoy. We encourage you to bring your own mat if you have one; otherwise, one will be provided.



YOGA FOR EVERYBODY at Growth Mngt.

Every Monday

12:05 - 12:55pm

OCTOBER 5—JANUARY 25

ALL PAY \$30 FOR THESE 16 WEEKS

A Beginners Yoga class everyone will enjoy. Bring your own mat and water bottle.



ZUMBA—MOVEMENT & MUSIC

Every Monday & Wednesday

5:30—6:30pm

OCTOBER 5—NOVEMBER 30

This Latin-inspired work-out incorporates all the dance & fitness moves set to international rhythms. Wear socks or Zumba shoes.



CORE & MORE!

Every Tuesday & Thursday

12:05 - 12:55pm

OCTOBER 6—DECEMBER 1

This is a Beginners program with mat and bar exercises to strengthen your body core. We encourage you to bring your own mat if you have one; otherwise, one will be provided.



STRENGTH CONDITIONING

Every Tuesday & Thursday

5:30 - 6:30pm

OCTOBER 6—DECEMBER 1

Build and tone muscles with this full body work-out lead by our certified instructor. Increase your lean body mass while decreasing your

