



YOGA AT GROWTH MANAGEMENT– Every Monday

Program Runs January 8– May 7, 2018

(No classes on Holiday Mondays)

12:05– 12:55 PM Conference Rooms 609/610– Bring Your Own Mat

Participants will be required to set up and breakdown the room

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 Jan. 8, 2018– Mar. 7, 2018

No class Mon. Jan.15 and Feb. 19, 2018

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

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 Jan. 8– Mar. 7 2018

No class Mon Jan. 15 and Feb. 19, 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. Jan. 9– Mar. 1, 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 Jan. 9– Mar. 1, 2018

BUILD MUSCLE MASS & LOSE WEIGHT

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

