



**Miami Dade  
College**

**Kendall Campus  
Wellness & Fitness Centers**

# **Wellness & Fitness Centers Hours**

## **Wellness Center Hours**

**305-237-2838**

**Monday and Wednesday**

**12:00pm-6:00pm**

**Tuesday 12:30pm-6:30pm**

**Thursday 12:30-7:00pm**

**Friday 12:00pm-7:00pm**

## **Fitness Center Hours**

**305-237-2838**

**Welcome Check In Counter**

**On Campus 8-2115**

**Mon.-Thurs. 7:00am-8:00pm**

**Fri. 8:00am-7:00pm**

**Saturday 9:00am-3:00pm**

**Wellness & Fitness Director  
Cookie Rosell, MS, Ed. NCSF-CPT**

# **FIT TO BE WELL 2012**



**Group Exercise Class  
schedule available in  
centers**

