# Fit to Be Well - Fall 2008

## Student Fitness Center Room G139 Hours (305)237-2268
- Monday - Thursday: 7:00am - 8:00pm
- Friday: 7:00am - 7:00pm
- Saturday: 9:00am - 3:00pm

Frank Damas, BS, CPT, Fitness Coordinator

## Employee Wellness Center Room G110 Hours (305)237-2838
- Monday, Wednesday: 12:00pm - 6:00pm
- Tuesday, Thursday, and Friday: 12:30pm - 7:00pm
- Cookie Rosell, MS. Ed., CPT, Wellness & Fitness Director

Sponsored by the Wellness and Fitness Centers and Student Life Department Exercise Intramural Program

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
<tbody>
<tr>
<td>Health Benefits</td>
<td>Low Back Strength/Weight Loss</td>
<td>Stress/Metabolism</td>
<td>Weight Loss/Bone Density</td>
<td>Weight Loss/Muscle Tone</td>
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<td>1:00 - 2:00pm</td>
<td>NEW! Physio-Ball Tone w/Cookie Room WC-G303</td>
<td>Fat Flush Cardio-Kickboxing w/Danny Room G303</td>
<td>Muscle Madness w/Frankie Room G208</td>
<td>De-Stress-n-Stretch w/Jan Room G303</td>
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<td>5:00 - 6:00pm</td>
<td>Yoga w/Marlene G303</td>
<td>Physio-Pilates w/Halley Room G303</td>
<td>Café Con-Leche w/Jorge Room G303</td>
<td>Fat Flush w/Eli Room: WC G110</td>
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MDC ID CARD is required to use facilities and participate in exercise classes

Lose weight, increase energy levels and maximize your metabolism.
Join one of our exercise classes or schedule a personalized consultation with one of our
highly trained fitness personnel.
All classes are led by trained Wellness Staff and certified instructors.

*All classes begin Tuesday, September 2, 2008*