

FIT TO BE WELL SUMMER 2009

Fitness Center Room G139 Hours (305)237-2268

Monday - Thursday 7:00am - 8:00pm

Friday 7:00am - 7:00pm Saturday 9:00am - 3:00pm



Wellness Center Room G110 Hours (305)237-2838

Monday and Wednesday 12:30-7:00pm Tues/Thurs 12:30-6:30pm

Friday 12:30pm - 2:00pm 4-6pm CLOSED 2-4PM

Cookie Rosell, MS. Ed., CPT, Wellness & Fitness Director

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1:00 - 2:00pm	Fat Flush Combo w/Eli Room G110	Physio-Tone Sculpting w/Cookie Room G303 @1:15pm	Kick Boxing w/Danny Room G303	ZUMBA w/Martha Room G303 @1:15pm	Tone-n-Stretch w/Jan Room G303
	F	R	E	E	!
5:00 - 6:00pm	Yoga w/Marlene G303	Physio-Pilates w/Halley Room G303	Wellness & Fitness Centers Open	Wellness & Fitness Centers Open	Café-Con-Leche' w/Jorge Room G208 @4:30pm
5:00 - 6:00pm					NEW! Aqua Fitness w/Jessica Class Meets on Pool Deck-West Side
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.