**Fitness Center Room G139 Hours (305) 237-2838**  
Monday - Thursday  7:00am - 8:00pm  
Friday 7:00am-7:00pm Saturday 9:00am-3:00pm

**Wellness Center Room G110 (305)237-2838**  
Monday and Wednesday 12:00-6:00pm, Friday 12:00-2:00pm  
Tuesday 12:30-6:30pm, Thursday 12:30-7:00pm

Sponsored by the Wellness and Fitness Centers and Student Life Department Exercise Intramural Program  
Effective schedule from January 10th through April 22, 2011

<table>
<thead>
<tr>
<th>Class Time</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:00 - 2:00pm</td>
<td>Fat Flush W/Eli Room G110</td>
<td>Physio Training w/Cookie Room G208</td>
<td>Cardio Kick Boxing and Self Defense w/Danny Room G208</td>
<td>Yoga w/ Halley Room G208</td>
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<tr>
<td>3:00-4:00pm</td>
<td>Yoga w/Marlene Room G208</td>
<td>Yogalates w/Halley Room G208</td>
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<tr>
<td>5:00 - 6:00pm</td>
<td>Yoga w/Marlene Room G208</td>
<td>Yogalates w/Halley Room G208</td>
<td>Café-Con-Leche’ w/Jorge Room G208</td>
<td>ZUMBA w/Martha Room G208</td>
<td>The Zone w/Eli Room G208</td>
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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 and certified instructors.

MDC ID CARD is **required** to use facilities and participate in exercise classes.
SERVICES PROVIDED:

We offer a variety of free services to all employees and students. Make your appointment for the following services:

At both centers you can get a fitness assessment, blood pressure reading, target heart rate, BMI calculation, body fat measurement, equipment orientation and custom exercise prescription.

The Wellness Center offers all of the above as well as a state-of-the-art, complete health and fitness computerized assessments and metabolic testing.

CARDIOVASCULAR CLASSES (IMPACT LEVELS)

Fat Flush Level (low-mod)- A circuit workout that alternates between low to moderate intensity aerobic exercises. This is a class that incorporates a various exercises at an interval pace. This class will prepare you for the next level class and will involve both cardiovascular and strength benefits.

The ZONE- (Mod-High) Looking for something different in your workout? Then this is your class that will increase your metabolism and give you results! This class involves a trainer directed approach incorporating exercises that will led you into your heart rate training zone. Exercises will be combined involving lunges, squats, steps, dumbbells and resistant bands. Participants will be encouraged to wear a heart rate monitor that will be provided.

NEW! Cardio Kickboxing and Self Defense (Mod-high.) This class combines upper and lower body boxing techniques into a complete full body, cardiovascular, high calorie burning workout combined with self dense techniques. Get fit while developing body awareness and self defense.

Zumba (Low-high)- A fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

STRESS REDUCTION, FLEXIBILITY AND CORE IMPROVEMENT

Yoga (low) These classes combines a sequence of shortly held poses. You will learn about proper physical alignment and breathing and the benefits of individual poses. Stretch, strengthen and tone while learning to focus your mind. Yoga can help you achieve better mental and physical health.

NEW! Yogalates – This class combines the movements of yoga and Pilates in one. Benefits will include enhancing your flexibility, stress reduction while improving overall body and mid region (Core) strength.

MUSCLE STRENGTHENING CLASSES

Physique Training (low-mod)- Come strengthen and tone your body with this intense muscle building routine. From your legs to your shoulders, nothing will be missed. Exercises range from weight lifting to plyometric exercises. Exercises will be conducted utilizing power bars, resistance bands, dumbbells, step benches and stability balls. This is a complete body toning, circuit class that will make you sweat! This class is centralized around strengthening the core (trunk region) of the body.