Open Hours: Effective January 2nd, 2007 and Exercise Classes Begin January 8th-April 21st, 2007
Sponsored by the Student Life, Exercise Intramural Program and The Wellness & Fitness Centers

“FIT TO BE WELL 2007”

HAPPY NEW YEAR! Lose those excess Holiday pounds and commit to a new you this year. Try our Exercise Class Wellness Program: fun, convenient, results benefiting your health. All classes are led by your trained Wellness Staff and certified instructors.

<table>
<thead>
<tr>
<th>TIME</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health Benefits</td>
<td>&lt;lower back strength, stress&gt;</td>
<td>&gt; stress &lt;metabolism&gt;</td>
<td>&gt; weight &lt;bone density&gt;</td>
<td>&gt; weight &lt;muscle tone&gt;</td>
<td>&gt;stress</td>
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<tr>
<td>1:00pm To 2:00pm</td>
<td>NEW! Mental &amp; Proper Posture Wellness Room G208 w/Debbie</td>
<td>Muscle Madness Room G208 w/Cookie</td>
<td>Step-n-Tone Room G208 w/Jan</td>
<td>Fat Flush Room WC w/CookieG110</td>
<td>NEW! “TIME OUT” Stretch-n- Progressive Relaxation Room G208 w/Jan</td>
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<tr>
<td>4:50pm To 5:50pm</td>
<td>NEW! CORE Conditioning Strengthen lower back/abs Room G303</td>
<td>Latin Hip/Hop w/Alex RoomG303</td>
<td>NEW Time Fat Flush w/Susana Room WC G110</td>
<td>New Combo Pilates-n-CORE Training w/Lucy</td>
<td>Centers opened</td>
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**MDID CARD is required to use facilities and exercise classes**

**Student Fitness Center Room G139 Hours 305-2372268**
Monday – Thursday 8:00am – 8:00pm
Friday 8:00am – 7:00pm
Saturday 9:00am – 3:00pm
Frank Damas, Interim Fitness Coordinator

**Employee Center Room G110 Hours 305-237-2838**
Mon/Wed/Friday 12:00-6:30pm
Tues.-Thursday 12:30 – 7:00pm
Cookie Rosell, MS. Ed., CPT.
Wellness & Fitness Centers Director
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Cardiovascular and Toning Enhancement Classes:
(Heart Health, Stress release, Weight loss and Increase Metabolism)

High/Low Impact Aerobics

FAT-FLUSH Circuit This is a high paced class. We recommend a minimum of 3 weeks of cardiovascular training and basic knowledge of the strength machines.

Low Impact Aerobics

Latin Hip/Hop An aerobics workout with a Latin flair. Get a hot and fun-filled aerobic workout while learning Latin dance basics such salsa, mambo and cha cha. Each class ends with resistance training and stretching. This is a low impact, fun, fat burning class.

STEP -N- TONE- Stimulating 50 minute step aerobic workout that will pump your heart, mind and muscles! Burn body and increase your metabolism by toning muscles.

Stress Reduction (you deserve to slow down! reduce blood pressure, neck, back and head aches)

Mental -n- Posture Wellness- This class ties together proper exercise techniques and modalities that one can practice anywhere. The class will focus on body posture, alignment, balance, relaxation and stress management.

“Time Out”- take a moment to relax and re energize. It’s ok to kick your shoes off and close your eyes in this class. Stress reduction stretches, progressive relaxation will be employed.

Core Segments (Tone muscles, Increase muscular endurance, Bone density and Increase metabolism levels)

Core - This is a 30 minute class that strictly focuses on the trunk region, lower back and abdominal. If you suffer from back aches, orthopedic back problems or just want to tighten the mid region, this one is for you.

Mat Pilates -n-Core Training- Need to strengthen your lower back, this class is for you. The Core segment of the class will focus on conservative lower back and abdominal exercises. The mat Pilates component of the class will give you a total body-conditioning, designed to improve your muscle tone, strength, flexibility & posture where the focus is placed on muscular harmony and balance.

Muscle Madness -Tone muscles and increase your metabolism by attending this light weight high repetition weight training workout using bars and dumbbells. This workout involves toning the whole body, isolating specific muscle groups using a rhythmic beat. The class involves alternative modes of weight training using the equipment provided.