**FIT TO BE WELL 2006, NEW YEAR RESOLUTIONS!!! NEW & IMPROVED SCHEDULE**

START YOUR MORNING WITH US.....

****STARING JANUARY 3, 2006 THE WELLNESS CENTER OPENS AT 6:00AM !!! ****

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<th>TIME</th>
<th>MONDAY</th>
<th>TUESDAY</th>
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*New* Walk & Tube Tone (Jan)  
Class meets @ WC rm. G110

*New* Cardio-Toning Combo (Jan)  
Room: G-303

**FREE** For Students & Employees with MDC SMART ID CARD

**Student Fitness Center Room G139 Hours 305-2372268**

Monday – Thursday 8:00 – 8:00pm  
Friday 8:00 – 7:00pm  
Saturday 9:00 – 3:00pm  
Alexandra Sierra, BS. CPT  
Wellness & Fitness Centers Coordinator

**Wellness Center Hours Room G110 305-2372838**

**Mon – Wed - Fri 6:00 – 8:30am / Mon-Thurs. 12:00 – 6:00pm, Fri. 6:30pm**  
Tue - Thu 6:00 – 8:00am / 12:30 – 7:00pm  
Cookie Rosell, MS. Ed., CPT.  
Wellness & Fitness Centers Director
Cardiovascular and Toning Enhancement

**Classes:** (Heart Health, Stress release, Weight loss and Increase Metabolism)

**FAT-FLUSH Circuit**  
This is a high pace class, we recommend a minimum of 3 weeks of cardiovascular training and basic knowledge of the strength machines.

**Step & Mat Pilates**  
Stimulating 25approx. Minutes of step aerobic work out that will pump your heart, mind and muscles! 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.

**Latin Flavor**  
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 class for all levels with no dance experience necessary.

**Cardio Kick-Boxing**  
This is a non-contact kickboxing class utilizing basic kicks and punches. Designed as a total body workout, this class will make you sweat! Resistance training, abdominal work and stretching are added to the end of the workout.

**Walk-n- Tube Tone**  
Enjoy the cardiovascular benefits of a fast pace walk around your campus, pausing toning muscles using a resistant exercise band, exercise lead by instructor. Group walks under the breeze way cement over pass. Get out of the office to enjoy our cool spring days. Warm up, abdominal and cool down session included. Great as a starter into your exercise program for the New Year, heart rate monitors will be available.

**Strengthening Classes** (Tone muscles, Increase muscular endurance, Bone density and Increase metabolism levels)

**Power Bar Training**  
A 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.

**Strength & Conditioning with Tubing**  
This class will teach you advance strength training techniques to sculpt and tone your muscles. It combines free weights, tubing and sporadic burst of high intensity cardio aerobics.

**Butts & Guts**  
This class primarily works the mid section and the lower body, focusing on your abs and gluts.

**Energy Yoga**  
This class introduces students to a sequence of shortly held poses. Some time will be spent learning about physical alignment, proper use of breath, focus of attention and the benefits of individual poses.

**Cardio Toning Combo**  
This class offers a combination of low impact aerobics incorporated with muscle toning exercises using dumbbells and body bars.