

WELLNESS DEPARTMENT

FREE to all Faculty, Staff, and Students
WELLNESS SCHEDULE - Fall 2017

Hours of Operation Weight Room: M102

Monday	Tuesday	Wednesday	Thursday	Friday
OPEN 7:00-9:00 AM	OPEN 7:00-8:00 AM	OPEN 7:00-9:00 AM	OPEN 7:00-8:00 AM	OPEN 7:00-9:00 AM
CLOSED 9:00-10:00 AM	CLOSED 8:00-9:15 AM	CLOSED 9:00-10:00 AM	CLOSED 8:00-9:15 AM	CLOSED 9:00-10:00 AM
OPEN 10:00-11:00 AM	OPEN 9:15-11:00 AM	OPEN 10:00-11:00 AM	OPEN 9:15-11:00 AM	OPEN 10:00-11:00 AM
CLOSED 11:00 AM-12:00 PM	CLOSED 11:00 AM-12:15 PM	CLOSED 11:00 AM-12:00 PM	CLOSED 11:00 AM-12:15 PM	CLOSED 11:00 AM-12:00 PM
OPEN 12:00-1:00 PM		OPEN 12:00-1:00 PM		OPEN 12:00-1:00 PM
CLOSED 1:00 PM-2:00 PM	OPEN 12:15-6:00 PM	CLOSED 1:00 PM-2:00 PM	OPEN 12:15-6:00 PM	CLOSED 1:00 PM-2:00 PM
OPEN 2:00-6:00 PM		OPEN 2:00-6:00 PM		OPEN 2:00-4:00 PM

Group Fitness Schedule Aerobics Room: M101

Monday	Tuesday	Wednesday	Thursday	Friday
12:00-1:00 PM Functional Fitness		12:00-1:00 PM Functional Fitness		12:00-1:00 PM Functional Fitness
	3:30-4:30 PM Yoga		3:30-4:30 PM Yoga	No Late classes Closes at 4:00PM
5:00-6:00 PM FITT-E	5:00-6:00 PM Zumba	5:00-6:00 PM FITT-E	5:00-6:00 PM Zumba	

All classes are designed to be modified for every level of fitness

Group Fitness Classes Start on the 21st of August!

Monthly Fitness Challenges and Sporting Events, do you want to play?

Aug	Sep	Oct	Nov	Dec
23 Ultimate	6 Ultimate	10 Ultimate	7 Flag Football	1 Pushup/Burpee
	13 Flag Football	18 Kickball	13-17 BW Bench	4 Ultimate
	21 Ultimate	26 Ultimate	28-30 BW Squat	

Starting Sept: The "first Monday" of every Month we will have our Coastal Warrior Challenges; a timed event of exercise for AMRAP in 15-30 minutes.

Ask us about our team challenges!

Come join your CCC Wellness Program Today!

WELLNESS DEPARTMENT

To become a wellness participant...

Complete and return a Wellness Packet, available Online or in Building M: Room 100.

*Remember to always SIGN IN when you enter the building

Enjoy the immediate benefits of a healthy lifestyle.

Group Fitness Class Description

Functional Fitness FunFit exercises train your muscles to work together and prepare them for daily tasks by simulating common movements you might do at home, at work or in sports. While using various muscles in the upper and lower body at the same time, functional fitness exercises also emphasize core stability.
Mon, Wed, & Fri
12:00-1:00PM

Yoga An ancient art based on a harmonizing system of development for the body, mind, and spirit, yoga will lead you to a sense of peace and well-being, and also a feeling of being at one with their environment.
Tue & Th
3:30-4:30PM
It includes breathing control, simple meditation and specific bodily postures, and is an excellent exercise for health and relaxation.

Zumba Zumba is a Latin cardio dance class that is sure to get you moving and the calories burning. You'll have so much fun you won't even realize you are working out.
Tue & Th
5:00-6:00PM

F.I.T.T.E. F.I.T.T.E. is a combination of flexibility and cardiovascular training with light free weights or exercise equipment to shape and sculpt the body without increasing overall bulk.
Mon & Wed
5:00-6:00PM

All classes are designed for all levels of fitness!