

# CCCC Wellness Program

**FREE** to all Faculty, Staff and Students

## WELLNESS SCHEDULE - Fall 2008

Weight Room: M102		Hours of Operation		
Monday	Tuesday	Wednesday	Thursday	Friday
7:00 -10:00 AM	7:00 AM - 4:30 PM	7:00 -10:00 AM	7:00 AM - 4:30 PM	7:00 -10:00 AM
<b>CLOSED</b> 10:00- 11:00 AM		<b>CLOSED</b> 10:00- 11:00 AM		<b>CLOSED</b> 10:00- 11:00 AM
11:00 AM - 5:00 PM		11:00 AM - 5:00 PM		11:00 AM - 4:00 PM

Group Fitness Room: M101		Class Schedule		
Monday	Tuesday	Wednesday	Thursday	Friday
12:00 - 12:50 PM Total Body Conditioning	12:15 - 1:00 PM Total Body Conditioning	12:00 - 12:50 PM Latin Cardio Dance	12:15 - 1:00 PM Cardio Blast	12:00 - 12:50 PM "Alfresco" Workout
	3:00- 3:50 PM Yoga-lates		3:00- 3:50 PM Yoga-lates	
5:00 - 6:00 PM Total Body Conditioning	5:00 - 6:00 PM HIT	5:00 - 6:00 PM Total Body Conditioning	5:00 - 6:00 PM HIT	

\*All Classes are designed for beginner participants.

Optional movements for increased intensity are demonstrated.

\*\*Classes are scheduled to give all members the core of the workout during the first 30 minutes.

We understand if you need to leave early to make it to class/work.

**Come join your CCCC Wellness Program today!**

**910 - 938 - 6260**

# To become a wellness participant...

Complete and return a Wellness Packet, available 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

- Yoga-lates** This class blends moves from Pilates and Yoga to offer a functional approach to strength and flexibility training. Improve core stability to create a leaner and stronger physique.
- "Alfresco" Workout** Unlike boring gym routines, exercise "alfresco" actually encourages you to have fun and challenge yourself. This fitness training program is designed to condition the entire body and mind. This class focuses on having fun while being outside enjoying the bright sunlight. You don't want to miss this class. (classes will be set accordingly to weather conditions)
- Cardio Blast** A motivational circuit workout featuring high-intensity conditioning and power moves. Guaranteed to make you sweat!
- Total Body Conditioning** This workout uses a variety of resistance equipment (dumbbells, body bar, ankle weights, etc.) to promote muscular endurance, flexibility & balance. Class includes plyometrics, sports conditioning & a cardio challenge too.
- Latin Cardio Dance** Let the rhythm of Latin music shake your hips and burn unwanted calories! You will become more fit and healthy and also learn Latin style dances. Come energized and willing to dance! ***This is a beginners class.***
- HIT** High Intensity Training for everyone--no matter what your fitness level is! Instructor will show modifications specific to your needs & wants. Class includes total body sculpting with high energy cardio segments to get both muscular strength & cardio endurance for an all over body workout.

**These classes are designed to be performed at all levels of fitness**