

# WELLNESS DEPARTMENT

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

## WELLNESS SCHEDULE - Spring 2012

Weight Room: M102					Hours of Operation				
Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday
OPEN 7:00- 10:00 AM	OPEN 7:00- 9:30 AM	OPEN 7:00- 10:00 AM	OPEN 7:00- 9:30 AM	OPEN 7:00 AM - 10:00 AM					
CLOSED 10:00- 11:00 AM	CLOSED 9:30- 11:00 AM	CLOSED 10:00- 11:00 AM	CLOSED 9:30- 11:00 AM	CLOSED 10:00- 11:00 PM					
OPEN 11:00 AM- 1:00 PM	OPEN 11:00 AM-6:00 PM	OPEN 11:00 AM- 1:00 PM	OPEN 11:00 AM-6:00 PM	OPEN 11:00 AM- 1:00 PM					
CLOSED 1:00- 2:00 PM		CLOSED 1:00- 2:00 PM		CLOSED 1:00- 2:00 PM					
OPEN 2:00- 6:00 PM		OPEN 2:00- 6:00 PM		OPEN 2:00- 4:00 PM					

Group Fitness Room: M101					Class Schedule				
Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday
12:00-1:00 PM Zumba Kellie	12:00- 1:00 PM Zumba Mika	12:00-1:00 PM Zumba Kellie	12:00-1:00 PM Total Body Michelle	12:00-1:00 PM Zumba Kellie					
	3:30- 4:30 PM Piyo-Roxanne		3:30-4:30 PM Piyo-Roxanne						
Total Body 5:00-6:00 PM Michelle	5:00- 6:00 PM Zumba Jaime	Total Body 5:00- 6:00 PM Michelle	5:00- 6:00 PM Zumba Kellie						

\*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 - 6842**