

WELLNESS DEPARTMENT

FREE to all Faculty, Staff and Students

WELLNESS SCHEDULE - Fall 2010

Weight Room: M102 Hours of Operation				
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
12:00-1:00 PM Zumba Jaime	12:00- 1:00 PM Shift and Lift Mary/Jaime	12:00-1:00 PM Total Body Ester	12:00-1:00 PM Zumba Jaime	12:00-1:00 PM Total Body Ester
	3:30- 4:30 PM Piyo-Roxanne		3:30-4:30 PM Piyo-Roxanne	
5:00- 6:00 PM Total Body Ester	5:00- 6:00 PM Circuit Tracy	5:00- 6:00 PM Turbokick Melissa	5:00- 6:00 PM Turbokick Melissa	

* 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

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.



Piyo

Tues. & Thurs. 3:30-4:30

This class blends movement from yoga and pilates. It is a great way to improve strength and flexibility. And is a great class for those new to exercise.

Cycle

Tues. 12:00-1:00

Cycling is a great way to get an intense cardio workout and still be easy on your joints as well. This class is on a first come first serve basis because there are a limited number of spin bikes available.

Zumba

Mon. & Thurs. 12:00-1:00

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 your working out!

Total Body

Wed. & Fri. 12:00-1:00

Total body is a class that will give you a little of everything. Cardio, weight training, and a few surprises in between.

Circuit

Mon. & Tues. 5:00-6:00

Circuit is a class where there is always something new. You maybe running one minute and lifting weights the next. Also a great way to break through those plateaus.

Turbokick

Wed. & Thurs. 5:00-6:00

Come join us for this fun cardio kickboxing workout. What a great way to end your day here and to burn some extra calories before you head home!

All classes are designed for all levels of fitness!