

WELLNESS DEPARTMENT

WELLNESS SCHEDULE - SPRING 2018

FREE to all Faculty, Staff, and Students

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 AM-12:15 PM	CLOSED 9:00-10:00 AM	CLOSED 8:00 AM-12:15 PM	CLOSED 9:00-10:00 AM
OPEN 10:00-11:00 AM		OPEN 10:00-11:00 AM		OPEN 10:00-11:00 AM
CLOSED 11:00 AM-12:00 PM		CLOSED 11:00 AM-12:00 PM		CLOSED 11:00 AM-12:00 PM
OPEN 12:00-1:00 PM	OPEN 12:30-6:00 PM	OPEN 12:00-1:00 PM	OPEN 12:30-6:00 PM	OPEN 12:00-1:00 PM
CLOSED 1:00 PM-2:00 PM		CLOSED 1:00 PM-2:00 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 Dance2Fitness	3:30-4:30 PM Yoga	3:30-4:30 PM Dance2Fitness	3:30-4:30 PM Yoga	CLOSED 4:00PM
	5:00-6:00 PM F.I.T.T.E.		5:00-6:00 PM F.I.T.T.E.	

All Group Fitness Classes will start on the 16th of January.

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

Do you have a workout partner you like to train with, sign up for our Team Challenge..

We will host monthly Fitness Challenges and Sporting Events, do you want to play?

Jan	Feb	Mar	Apr	May
*Initial Assessments	6 Flag Football 22 Ultimate Push Up/Burpee	6 Kickball 29 Flag Football Body Wt Bench	11 SPRING FLING 26 Ultimate Body Wt Squat	*Final Assessments

* From January, we will conduct Initial Assessments for anyone interested in doing a body transformation Challenge (Weight and Body Composition). Ends the first week of May.

Come join your CCCC Wellness Program Today!

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

Mon, Wed, & Fri

12:00-1:00PM

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.

Yoga

Tue & Th

3:30-4:30PM

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. It includes breathing control, simple meditation and specific bodily postures, and is an excellent exercise for health and relaxation.

Dance2Fitness

Mon & Wed

3:30-4:30PM

Dance2Fitness is a Dance based cardio 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.

F.I.T.T.E

Tue & Th

5:00-6:00PM

F.I.T.T.E. is a combination of resistance, flexibility, and cardiovascular training with body weight, light free weights, exercise bands, and cycles to shape and tone the body without increasing

All classes are designed for all levels of fitness!