

WELLNESS DEPARTMENT

FREE to all Faculty, Staff, and Students
WELLNESS SCHEDULE - Spring 2019

Hours of Operation Weight Room: M102

Monday	Tuesday	Wednesday	Thursday	Friday
OPEN 7:00-8:00 AM	OPEN 7:00-11:00 AM	OPEN 7:00-8:00 AM	OPEN 7:00-11:00 AM	OPEN 7:00-8:00 AM
CLOSED 8:00-9:50 AM	CLOSED 11:00 AM-12:15 PM	CLOSED 8:00-9:50 AM	CLOSED 11:00 AM-12:15 PM	CLOSED 8:00-9:50 AM
OPEN 10:00-11:00 AM		OPEN 10:00-11:00 AM		OPEN 10:00-11:00 AM
CLOSED 11:00-11:50 AM	OPEN 12:15-6:00 PM	CLOSED 11:00-11:50 AM	OPEN 12:15-6:00 PM	CLOSED 11:00-11:50 AM
OPEN 12:00-1:00 PM		OPEN 12:00-1:00 PM		OPEN 12:00-1:00 PM
CLOSED 1:00-1:50PM		CLOSED 1:00-1:50PM		CLOSED 1:00-1:50PM
OPEN 2:00-6:00 PM		OPEN 2:00-6:00 PM		OPEN 2:00-4:00 PM

Group Fitness Schedule Aerobics Room: M101

Group Fitness Classes Start on the 14th of January

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

Monday	Tuesday	Wednesday	Thursday	Friday
Spin 12:00-1:00 PM		TRX/Tabata 12:00-1:00 PM		No Late classes Closes at 4:00 PM
FITT-E 3:30-4:30 PM	Yoga 3:30-4:30 PM	FITT-E 3:30-4:30 PM	Yoga 3:30-4:30 PM	

Work out of the day (WOD) will be posted on the board in the aerobics room

Monthly Fitness Challenges and Sporting Events, do you want to play? Sporting events start at 2:00 PM, (*) Challenges go all day. Meet at Wellness Center.

JAN	FEB	MAR	APR	May
All Month *Plank challenge	2 Person challenge			All Month *Re-Test challenge
	All Month *Burpee challenge	All Month *Squat challenge	All Month *Push-Up challenge	

3rd round of the 2 person Team Challenge, starts Feb 3RD.

See Wellness Center staff for information

Come join your CCCC Wellness Program Today!