

# **FIT TO BE WELL SPRING 2010**

**Fitness Center Room G139 Hours (305) 237-2838**

Monday - Thursday 7:00am - 8:00pm

Friday 7:00am - 7:00pm Saturday 9:00am - 3:00pm



**Wellness Center Room G110 Hours (305)237-2838**

Monday and Wednesday 12:00-6:00pm

Tuesday, Thursday and Friday 12:30-6:30pm



Sponsored by the Wellness and Fitness Centers and Student Life Department Exercise Intramural Program  
Effective schedule from January 11th-April 23rd 2010

<b>Class Time</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>1:00 - 2:00pm</b>	<b>Fat Flush Combo w/Eli Room G110</b>	<b>Physio-Physic Tone w/Cookie Room G303</b>	<b>Kick Boxing w/Danny Room G303</b>	<b>ZUMBA w/Martha Room G208</b>	
<b>4:45- 5:45pm</b>			<b>Café-Con-Leche' w/Jorge Room G208</b>		<b>NEW! The Zone w/Eli Room G208</b>
<b>5:00 - 6:00pm</b>	<b>Yoga w/Marlene Room G303</b>	<b>Physio-Pilates w/Halley Room G303</b>		<b>Yoga w/ Halley Room G303</b>	

**Lose weight, increase energy levels and maximize your metabolism.  
Join one of our exercise classes or schedule a personalized consultation with  
one of our highly trained fitness personnel.**

**All classes are led by trained Wellness Staff and certified instructors.**

**MDC ID CARD is required to use facilities and participate in exercise.**

## **SERVICES PROVIDED:**

We offer a variety of free services to all employees and students. Make your appointment for the following services :

**At both centers** you can get a fitness assessment, blood pressure reading, target heart rate, BMI calculation, body fat measurement, equipment orientation and custom exercise prescription.

**The Wellness Center** offers all of the above as well as a state-of-the-art, complete health and fitness computerized assessments and metabolic testing

## **CARDIOVASCULAR CLASSES (IMPACT LEVELS)**

**Fat Flush Combo** (mod-high)- A circuit workout that alternates between high and low intensity aerobic exercises. This is a fast-paced class that incorporates a various exercises at interval pace. A minimum of 3 weeks cardiovascular training and knowledge of all strength machines is recommended prior to beginning the class.

**Cardio Kickboxing** (mod-high.) This class combines upper and lower body boxing techniques into a complete full body, cardiovascular, high calorie burning workout.

**Café con Leche** (low ) - A cardio work-out through exercise, movement, dance, lots of Latin moves, and Latin sounds. All the fun plus you will be burning calories!

**Zumba** (low-high)- a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

## **STRESS REDUCTION, FLEXIBILITY AND CORE IMPROVEMENT**

**Yoga** (low) This class combines a sequence of shortly held poses. You will learn about proper physical alignment and breathing and the benefits of individual poses. Stretch, strengthen and tone while learning to focus your mind. Yoga can help you achieve better mental and physical health.

## **MUSCLE STRENGTHENING CLASSES**

**Power Physique Training** (low-mod)- Come strengthen and tone your body with this intense muscle building routine. From your legs to your shoulders, nothing will be missed. Exercises range from weight lifting to plyometric exercises. Exercises will be conducted utilizing power bars, resistance bands, dumbbells, step benches and stability balls. This is a complete body toning , circuit class that will make you sweat!

**Mat Physio-Pilates** (low) This class will give you a total body-conditioning designed to improve your muscle tone, strength, flexibility & posture where the focus is placed on muscular harmony and balance. The class is centralized around strengthening the core (trunk region) of the body.

**Cardio Tone (low-mod)** This class offers a mix of aerobics and muscle toning. The class will conclude with training the core region (abdominal and lower back strengthening) followed by stretches.