# Fit To Be Well Summer 2009

**Fitness Center Room G139 Hours (305)237-2268**
- 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: 12:30-7:00pm
- Tuesday and Thursday: 12:30-6:30pm
- Friday: 12:30pm - 2:00pm & 4:00pm - 6:00pm
- Closed: 2-4PM

Cookie Rosell, MS. Ed., CPT, Wellness & Fitness Director

Sponsored by the Wellness and Fitness Centers and Student Life Department Exercise Intramural Program

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>1:00 - 2:00pm</td>
<td>Fat Flush Combo w/Eli Room G110</td>
<td>Physio-Tone Sculpting w/Cookie Room G303 @1:15pm</td>
<td>Kick Boxing w/Danny Room G303</td>
<td>ZUMBA w/Martha Room G303 @1:15pm</td>
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<tr>
<td>5:00 - 6:00pm</td>
<td>Yoga w/Marlene G303</td>
<td>Physio-Pilates w/Halley Room G303</td>
<td>Wellness &amp; Fitness Centers Open</td>
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<td>5:00 - 6:00pm</td>
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**MDC ID CARD is required to use facilities and participate in exercise classes.**

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.