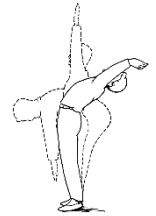




EMPLOYEE WELLNESS PROGRAM

SUMMER I 2017 SESSION EXERCISE CLASSES



All Employees Invited

The Wellness Program offers FREE lunchtime exercise classes to all faculty and staff. The classes are led by qualified instructors and are open exclusively to employees. You may attend as many classes as you wish; no reservations are needed – just show up! Locker & shower facilities are available near the gym area. Lockers may be used during class time only. Please bring your own combination lock.

Please keep in mind that class begins 10 minutes after the scheduled time. All efforts to arrive on a timely basis are appreciated. Class space is limited to first-come first-served.

Discounted Exercise Mats Available: Portable eco-friendly roll-up mats are available for purchase from the Wellness Program for a discounted price of \$13.00. If you are interested in purchasing a mat, please bring a check for \$13.00, payable to *FIT Student Faculty Corporation*, to the Human Resources Benefits area, 333 Seventh Ave., 16th Floor.

Classes June 1st through June 29th for the Summer I Session

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 1:00 YOGA - AX25	2 No Classes
5 12:00 PILATES – AX39	6 12:00 BODY TONING – AX39	7 12:00 BOOT CAMP – AX39	8 1:00 YOGA - AX25	9 No Classes
12 12:00 PILATES – AX39	13 12:00 CARDIO CORE – AX39	14 12:00 BOOT CAMP – AX39	15 1:00 YOGA - AX25	16 No Classes
19 12:00 PILATES – AX39	20 12:00 BODY TONING – AX39	21 12:00 BOOT CAMP – AX39	22 1:00 YOGA - AX25	23 No Classes
26 12:00 PILATES – AX39	27 12:00 CARDIO CORE – AX39	28 12:00 BOOT CAMP – AX39	29 1:00 YOGA - AX25	30 No Classes

DISCLAIMER: Employees who participate in the exercise classes and facilities do so at their own risk. FIT is not responsible for any injury that may occur to individuals participating in any exercise activity. Medical clearance before participating in an exercise program is highly recommended.

PILATES (MAT CLASS): The Pilates method concentrates on strengthening the core muscles of the stomach, back, and legs. As a balance, it also incorporates a segment of stretching and lengthening.

BODY TONING: Body bars, light hand weights, and mat exercises are used for an all-over body toning experience.

BOOT CAMP: Boot Camp mixes traditional calisthenics and body weight exercises with interval and strength training. It includes various forms of interval training that involves bursts of high intensity work. A work out designed to improve your cardio conditioning as you strengthen your muscles in this action-packed class. A total body workout!

YOGA: You will receive instruction in relaxation, meditation, and yogic breathing. Gentle poses will ease your tensions and strengthen you physically as well as from within. Ease tensions during a busy day in an accepting and relaxing atmosphere.

FITNESS CENTER: Employees may use the Lari and Barbara Stanton Fitness Center during the hours of 7:00 AM – 9:00 AM Mondays through Fridays. The Center is located in the A-building sub-basement and is equipped with cardiovascular machines, nautilus, universal and free weights. Check the [Athletics and Recreation Program's Fitness Center](#) rules and regulations for use of the center.

Support has been provided through funding by the FIT Student-Faculty Corporation