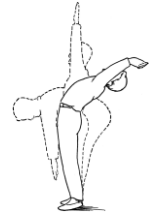




EMPLOYEE WELLNESS PROGRAM

FALL 2015 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, 236 W. 27th St., 11th floor.

CLASSES START AUGUST 31st & CONTINUE THROUGH DECEMBER 18TH

MONDAYS	PILATES	1:00 – 2:00 PM	BX-28
TUESDAYS	CARDIO CORE	1:00 – 2:00 PM	BX-28
WEDNESDAYS	BODY TONING	12:00 – 1:00 PM	MOVEMENT ROOM, AX-25
THURSDAYS	YOGA	1:00 - 2:00 PM	MOVEMENT ROOM, AX-25
FRIDAYS	BOOT CAMP	1:00 – 2:00 PM	AUXILIARY GYM, AX-39

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.

CARDIO CORE: Cardio and strength training mixture with an interval combination of core and calisthenics movement designed for low and high impact exercises. The class is an energetic and motivating session which guarantees variety and fun. Exercises will be modified to everyone’s ability.

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. Click this link www.fitnyc.edu/3363.asp for the Recreation Program’s Fitness Center rules and regulations for use of the center.

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