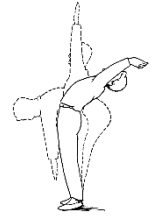




EMPLOYEE WELLNESS PROGRAM

SPRING 2016 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 February 1st through May 20th

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

NOTE: NO CLASSES WILL BE HELD DURING SPRING BREAK WEEK 3/21-27

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: Overall body toning and strength is achieved through mat and standing exercises utilizing isometrics, body weight and repetitions of movement. Emphasis on safe practice with proper alignment and core stabilization. All levels of students welcome.

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.

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.

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!

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](#) for the 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