

# **FIT TO BE WELL SUMMER 2010**

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

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

Friday



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

Monday –Friday 12:30pm-7:00pm

Cookie Rosell, MS. Ed., CPT

Wellness and Fitness Director



Sponsored by the Wellness and Fitness Centers and Student Life Department Exercise Intramural Program  
Effective schedule from May 17-July 30, 2010

Class Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1:00 - 2:00pm	New! Fat Flush Level II (Advanced) w/Eli Room G110	Physique Tone w/Cookie Only through 6/8th Room G208	Fat Flush Level I (Beginner) Jan/Tania Room G110		
4:45- 5:45pm	Yoga w/Marlene Room G303		The Zone w/Eli Room G303		
5:00 - 6:00pm		Pilates w/Halley Room G303		ZUMBA w/Martha Room G303	
6:00pm- 7:00pm		New! Fitness Boot Camp Gibson Track Stadium w/Tavarri		New! Fitness Boot Camp Gibson Track Stadium w/Tavarri	

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

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

## **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 Level I** (low-mod)- A circuit workout that alternates between low to moderate intensity aerobic exercises. This is a class that incorporates a various exercises at an interval pace. This class will prepare you for the next level class and will involve both cardiovascular and strength benefits.

**New! Fat Flush , Level II** (Mod-High). Need a change up in your routine? Not getting results, try adding a circuit class to the routine. Same as level I but with advanced intensities, and variations of training exercises.

**“The ZONE”**- Looking for something different in your workout? Then this is your class that will increase your metabolism and give you results! This class involves a trainer directed approach incorporating exercises that will led you into your heart rate training zone. Exercises will be combined involving lunges, squats, steps, dumbbells and resistant bands. Participants will be encouraged to wear a heart rate monitor that will be provided.

**NEW! Fitness Boot Camp**– Do not head home without burning over 700 calories. This is the hottest fitness craze that instantly delivers results you can measure by getting back into your “skinny” jeans. However, get ready to sweat and work hard for it.

**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**

**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 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.