

Get your workout in *before* your next class... at **Mt. SAC's Wellness Center**

Instead of just waiting around for your next class, get your workout in the Mt. SAC's **Exercise Science & Wellness Center**.

It has *everything* you need to get in shape fast:

- aerobics, yoga, kickboxing, and cardio dance
- treadmills, Stairmasters, stationary bikes and rowing machines
- fitness testing and personal evaluations
- convenient weekday and weekend hours, as early as 5 a.m. until 9 p.m.

WINTER semester student pass as low as \$20!



No parking hassles, long lines or expensive start-up fees!

Why weight? Join the Wellness Center today.

Call ext. 4625 or go to <http://wellness.mtsac.edu>

FITNESS

HLSF PHYS01

Water Exercise - Phase I

Water exercise program that provides an individual workout; emphasis on strength building, cardiovascular fitness and improvement in flexibility. Individualized assessment and conditioning plan will be developed. Lap swimming lanes are available.

Reference # 113555

Instructors: Marc Ruh and Staff
Location: Bldg. 27P
Dates: MTWThSaSu, Jan. 07 - Feb. 17
Times: MTWTh, 4:00 - 7:00 p.m. and SaSu, 8:00 - 11:00 a.m.

HLSF PEWP

Physical Fitness and Conditioning - Water Polo

Water Polo training to improve overall fitness and conditioning.

Reference # 113571

Instructor: Michael Rieben
Location: Bldg. 27P
Dates: TWTh, Jan. 8 - Feb. 14
Times: 7:00 - 9:00 p.m.

HLSF PE-148

Physical Fitness and Conditioning - Wrestling

This course is designed to enhance and expand the cardiovascular and muscular system through the techniques of wrestling, rope climbing and running.

Reference # 113574

Instructors: David Rivera
Location: Bldg. 27C, Room MAT
Dates: MW, Jan.7 - Feb. 13
Times: 7:00 - 9:00 p.m.

HEALTH CAREERS

HEALTH CAREERS RESOURCE CENTER

**Mt. SAC Campus, Building 67B, Room 250
(909) 594-5611, ext. 4788**

The HCRC provides a state-of-the-art learning lab environment to:

- develop new health related skills/knowledge
- update prior or current knowledge
- participate in simulated clinical activities which will promote success in the health care industry.

The center is open to credit and noncredit health career students, community health

care workers/professionals, individuals preparing for health-related licensure or certification exams and any individual involved or interested in health related careers.

HEALTH CAREERS RESOURCE CENTER AVAILABLE SERVICES

- RN assistance in clinical skills practice and performance evaluation
- Medical and hospital equipment/ supplies/ manikins/simulators/ training aides for hands-on demonstrations and application of basic, intermediate and advanced skills
- Health Skills Performance Update/Evaluation
- Clinical simulations for Med-Surg, Psych, OB, Peds, Perioperative, Critical Care.
- METI Adult, & Child, Infant Human Patient Simulators

SELF-PACED, MULTISENSORY LEARNING AIDES

- Expansive Technology Library
- Medical/Nursing resource books, journals
- ADAM programs for anatomy and physiology review
- Mock computer adaptive testing programs for NCLEX-RN and PN State Board Exam preparation
- Computer instruction for gaining or