

Don't Stress Out...

GO Workout!



Mt. SAC employees* can workout in Spring for FREE!

FREE access to:

- Lap Swimming
- Cardio Circuit Room
- Personal fitness program design
- Baseline fitness testing and results
- Appointments with a personal fitness trainer

Spring fitness dates: February 27 thru June 16, 2017

* to participant in fitness activities, all Mt. SAC employees or retirees, must first register at the Exercise Science/Wellness Center.

GROUP EXERCISE

STRENGTH TRAINING FOR WEIGHT LOSS

Monday: 3:00 - 4:00 p.m.

CARDIO DANCE

Wednesday: 5:00 - 6:00 p.m.

FIGHT FIT

Friday: 12:00 - 1:00 p.m.

YOGA

Wednesday: 1:30 - 2:30 p.m.

LAP SWIMMING

MONDAY - THURSDAY

11 a.m. - 1 p.m.

CARDIO/CIRCUIT ROOM

MONDAY - THURSDAY

6 a.m. - 9 p.m.

FRIDAY

6 a.m. - 3 p.m.

WEIGHT ROOM

Building 44, Room 1800

MONDAY - THURSDAY

7 a.m. - 9 p.m.

FRIDAY

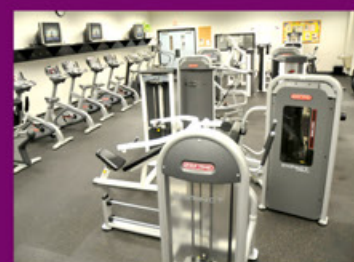
7 a.m. - 6 p.m.



Mt. San Antonio College



EXERCISE
SCIENCE
&
WELLNESS
CENTER



The Wellness Center is located in Building 27A, nearest to parking lot D3. (909) 274-4625