

Fall Fitness FRENZY ...for FREE!

During fall, **Mt. SAC employees** can take advantage of the **Wellness Center's** services for **FREE!**

FREE access to:

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

***Dates of program:** August 24 thru December 11, 2015

GROUP EXERCISE SCHEDULE

BODY SCULPTING

Monday: 3:00 - 4:00 p.m.
Tuesday: 2:45 - 3:45 p.m.

CARDIO DANCE

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

YOGA

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

BODY BLAST

Friday: 1:00 - 1:45 p.m.

LAP SWIMMING

MONDAY - THURSDAY
11 a.m. - 1 p.m.

CARDIO/CIRCUIT ROOM SCHEDULE

MONDAY - THURSDAY
6 a.m. - 9 p.m.

FRIDAY
6 a.m. - 3 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

