

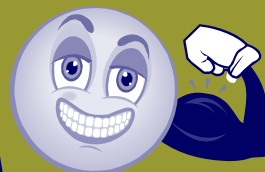


Employee
Wellness
Program



Fitness Class Schedule

Classes start January 14th



Aerobics—Circuit/Interval Training—MoWe 17:00-18:00

with Gloria Phillips Ext. 2266

This exercise class will combine cardiovascular interval training with alternating strength training stations. Fun music, lots of energy. All fitness levels welcome. Instruction will be given to modify the workout for different levels of fitness. Please bring mat and any other equipment you may have (bands, steps, weights, etc.)

Pilates—TuTh 17:00-18:00

with Debbie Barbieri Ext. 2545

Strengthens the core muscles that stabilize and support the spine, builds muscle tone, improves flexibility and balance, lengthens the spine, increases body awareness and can help with repair of past injuries. Please bring a mat and very comfortable clothing.

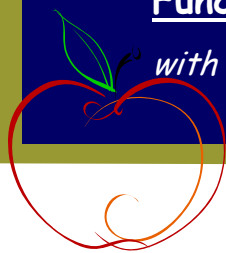
Walking—MoWeFr 6:00am-6:45am

with Tracy Aspel Ext. 2616

Multi-level walking program. Workout will vary depending on your level of fitness. The workout will consist of a 25 minute cardiovascular training, approximately 15 minutes of abdominal and strength training followed by stretching, flexibility and cool down. Meet in the Rural Health Clinic parking lot at 5:55am for 6:00am start. Class will be done at 6:45am (in time to make it to work at 7:00am!)

Functional Core Strength Class—details pending

with Mike Gable Ext. 2322



Check www.nih.org for the latest information