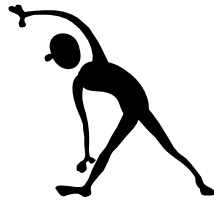




EMPLOYEE WELLNESS PROGRAM FALL 2009 EXERCISE CLASSES



All Employees Invited!

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The Wellness Program offers free lunchtime exercise classes to all faculty and staff. The classes are led by qualified instructors and are open exclusively to employees. You may attend as many classes as you wish; no reservations are needed – just show up! **LOCKER NOTE: Due to renovations during the fall 2009 semester, temporary locker/changing spaces have been set up and limited shower facilities are available (entrance to the locker room is located in the large gym, BX-02). You may use a locker only during class time, all lockers must be emptied after each class. Please bring your own combination lock to use.**

Exercise Mats Available: Portable roll-up mats are available for purchase from the Wellness Program for a discounted price of \$6.00 (for class participants only). If you are interested in purchasing a mat, please bring a check (no cash please) for \$6.00, payable to *FIT Student Faculty Corporation*, to the Human Resources Benefits area, 236 W. 27th Street, 11th floor.

CLASSES START SEPTEMBER 8, 2009 & CONTINUE THROUGH DECEMBER 11, 2009

TUESDAYS	BODY TONING	1:00 - 2:00 PM	Auxiliary Gym, AX-39
WEDNESDAYS	FITNESS CENTER	12:00 - 1:00 PM	Fitness Center, BX-13
THURSDAYS	YOGA	1:00 - 2:00 PM	Dance Studio, BX-28
FRIDAYS	PILATES	1:00 - 2:00	Auxiliary Gym, AX-39

NOTE: NO CLASSES WILL BE HELD ON THE FOLLOWING DATES:

November 26 & 27th (Thursday & Friday) Thanksgiving Recess

PILATES (MAT CLASS): The Pilates method concentrates on strengthening the core muscles of the stomach, back, and legs. As a balance, it also incorporates a segment of stretching and lengthening. For all levels; no prior experience necessary.

BODY TONING: Body bars, light hand weights, and mat exercises are used for an all-over body toning experience. The class is geared for levels including those beginning an exercise program for the first time.

YOGA: You will receive instruction in relaxation, meditation, and yogic breathing. Gentle poses will ease your tensions and strengthen you physically as well as from within. Come nurture yourself and ease tensions during a busy day in an accepting and relaxing atmosphere. For all levels; no prior experience necessary.

FITNESS CENTER: The Fitness Center is equipped with treadmills, exercise bicycles, and a variety of strength training machines (adjustable to accommodate both men & women). An exercise trainer will be in the room during the hour to assist you in using the equipment and to help you develop your own personalized exercise program. Special thanks to Kerri-Ann McTiernan and the Recreation Program for sponsoring our Fitness Center hour.

Funding for the Employee Wellness Program is provided by the Student Faculty Corporation.