

EXPERIENCE THE



DATE	TIME	TRAINER
Tuesday, Nov. 3	12:15 p.m.	Teresa Ashlin
Wednesday, Nov. 4	10:00 a.m.	James Pierce
Monday, Nov. 9	12:00 noon	Wanda Lowe
Thursday, Nov. 12	12:15 p.m.	Scott Johnson
Tuesday, Nov. 17	9:30 a.m.	Teresa Ashlin
Thursday, Nov. 19	5:30 p.m.	Janet Gryder
Friday, Nov. 20	11:00 a.m.	Scott Johnson

(SCHEDULE FOR NOVEMBER 1998)

***ANYONE WANTING TO USE THE CENTER MUST ATTEND A 30 MINUTE ORIENTATION CLASS!**

***EACH CLASS IS LIMITED TO 15 PEOPLE. IN ORDER TO ENSURE YOUR SPOT IN A CERTAIN SESSION, PLEASE SIGN-UP ON THE ORIENTATION CLASS ROSTERS, WHICH ARE POSTED ON THE DOOR OF THE WELLNESS CENTER!**

GET FIT FOR LIFE IN THE W.C.C. WELLNESS CENTER!