



GET FIT FOR LIFE AT THE WCC WELLNESS CENTER!

Be sure to visit the WCC Wellness Center, located in the Student Center. The types of equipment located in the center are listed below.

*Plate loaded exercise machines, including a vertical chest press, biangular shoulder press, cable cross over and leg extension/seated leg curl machine.

*2 Treadmills

*1 Stairclimber

*1 Recumbent Exercise Bike

HOURS OF OPERATION
7 A.M. TILL 9 P.M. (MON. - THURS.)
7 A.M. TILL 5 P.M. (FRI.)



TRAINING SCHEDULE

AUGUST & SEPTEMBER 1999

Friday, August 20	11 a.m./ Scott J.	Wednesday, September 8	8:30 a.m./Wanda L. 5 p.m./Scott J.
Monday, August 23	1 p.m./Wanda L.	Friday, September 10	12 noon/Scott J.
Tuesday, August 24	10 a.m./Scott J.	Monday, September 13	1 p.m./Scott J.
Wednesday, August 25	3 p.m./Scott J. 5 p.m./Scott J.	Tuesday, September 14	9:30 a.m./Wanda L.
Thursday, August 26	5 p.m./Scott J.	Friday, September 17	2:30 p.m./Scott J.
Friday, August 27	10 a.m./Wanda L.	Tuesday, September 21	11 a.m./Wanda L.
Monday, August 30	9 a.m./Wanda L.	Wednesday, September	11 a.m./Wanda L.
Wednesday, September 1	2 p.m./Wanda L.	Monday, September 27	12 noon/Scott J.
Friday, September 3	12 noon/Scott J.	Wednesday, September	12 noon/Wanda L.

Anyone planning to use the center must first complete a 30 minute orientation class. If you are unable to attend one of the sessions listed above, please contact Scott Johnson in the Student Services Office.