



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, leg extension/seated leg curl machine, and an angled leg press/calf raise machine.

- *2 Treadmills
- *1 Stairclimber
- *1 Recumbent Exercise Bike
- *1 Airdyne Bike

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



TRAINING SCHEDULE

AUGUST & SEPTEMBER 2001

Friday, August 17	11 a.m./ Scott	Tuesday, September 4	12:30 p.m./ Libby
Monday, August 20	12 noon/ Scott	Thursday, September 6	12:15 p.m./ Libby
Tuesday, August 21	12:30 p.m./ Libby	Monday, September 10	12:15 p.m./ Scott
Wednesday, August 22	11 a.m./Scott	Thursday, September 13	12:15 p.m. / Libby
Thursday, August 23	12:30 p.m./Libby	Tuesday, September 18	12:15 p.m./ Libby
Monday, August 27	12 noon/ Scott	Thursday, September 20	5:30 p.m. / Scott
Wednesday, August 29	12:15 p.m./ Libby	Friday, September 21	12 noon/ Scott
Thursday, August 30	11 a.m./ Libby 5:30 p.m./ Scott	Monday, September 24	12 noon/ Scott
		Tuesday, September 25	1 p.m./ Scott

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 or Libby Hayes in the Student Services Office.