



All classes are free and require pre-registration.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Upping Your Metabolism 0830-0900
Services Offered Monday - Friday <ul style="list-style-type: none"> ◆ Metabolic Testing ◆ MVO2 Fitness Assessments ◆ Unit Assessments and Wellness Coaching ◆ Relaxation Techniques ◆ Massage Chair ◆ Blood Pressure Screenings & Monitoring 	5 Tobacco Cessation 1600-1645	6	7 Upping your Metabolism 1600-1630	8
	12 Tobacco Cessation 1600-1645	13	14	15 Upping Your Metabolism 0830-0900
	19 Tobacco Cessation 1600-1645	20 Principles of Strength 0900-1100	21 Upping your Metabolism 1600-1630	22
	26 Tobacco Cessation 1600-1645	27	28	29 Upping Your Metabolism 0830-0900

Services and Class Descriptions

- **FITNESS ASSESSMENT**

Qualified Health Educators interview clients to identify personal goals, conduct strength measurements, body fat analysis, a flexibility test, and a cardiovascular fitness assessment to develop an individualized exercise program for improved overall fitness.

- **METABOLIC ANALYSIS**

A simple 10 minute test that measures a client's Resting Metabolic Rate and projects caloric needs for effective weight management.

- **BIOFEEDBACK**

Measuring the body's level of coherence during relaxation techniques. Coherence levels are projected onto a monitor while the client rests in a massage chair.

- **PRINCIPLES OF STRENGTH**

A class designed to help clients reach their fitness goals through resistance or weight training. Clients will have hands-on instruction in the Fitness Center.

- **UPPING YOUR METABOLISM**

A class designed for participants of Metabolic Analysis, during which they receive their personal results and meal plan. Clients learn how food and exercise effect metabolism, dietary techniques to manage weight, and tips on increasing a slow metabolism.

- **FINDING THE BALANCE**

A class designed to introduce techniques to reduce everyday stresses and the impact of negative emotions.