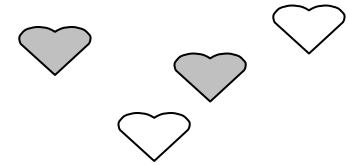




FEBRUARY 2013 American Heart Month Health and Wellness Center (HAWC)



Hours of Operation: 0630 to 1730, Mon-Fri. For info call 653-3375

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 <u>Better Body Better Life</u> 0800-0930 (Green)
4 <u>Fitness Conditioning:</u> 1130 to 1230 <u>Amazing Abs:</u> 1530 to 1550 <u>Spin Class:</u> 1600 to 1645	5 <u>Better Body Better Life</u> 1100-1230 (Blue)	6 <u>Fitness Conditioning:</u> 1130 to 1230 <u>Amazing Abs:</u> 1530 to 1550 <u>Spin Class:</u> 1600 to 1645	7 <u>Cardio Slam & Jam:</u> 0700 to 0730 <u>Better Body Better Life</u> 1200-1330 (Blue) <u>Kick the Tobacco Habit #1&5</u> 1600 to 1700	8 <u>Better Body Better Life</u> 0800-0930 (Blue)
11 <u>Fitness Conditioning:</u> 1130 to 1230 <u>Amazing Abs:</u> 1530 to 1550 <u>Spin Class:</u> 1600 to 1645	12 <u>Better Body Better Life</u> 1100-1230 (Red)	13 <u>Sleep Hygiene:</u> 1000 to 1100 <u>Fitness Conditioning:</u> 1130 to 1230 <u>Shop Smart Tour:</u> 1400-1500 <u>Amazing Abs:</u> 1530 to 1550 <u>Spin Class:</u> 1600 to 1645	14 <u>Cardio Slam & Jam:</u> 0700 to 0730 <u>Better Body Better Life</u> 1200-1330 (Red) <u>Kick the Tobacco Habit #1&2</u> 1600 to 1700 <i>HAPPY VALENTINE'S DAY</i>	15 <u>Better Body Better Life</u> 0800-0930 (Red) <u>Nutrition 101:</u> 1100-1200
18 HAWC Closed Presidents' Day 	19 <u>Better Body Better Life</u> 1100-1230 (Orange)	20 <u>Fitness Conditioning:</u> 1130 to 1230 <u>Amazing Abs:</u> 1530 to 1550 <u>Spin Class:</u> 1600 to 1645	21 <u>Cardio Slam & Jam:</u> 0700 to 0730 <u>Better Body Better Life</u> 1200 1330 (Orange) <u>If the Shoe Fits Wear It</u> 1500 to 1600 <u>Kick the Tobacco Habit #1&3</u> 1600 to 1700	22 <u>Better Body Better Life</u> 0800-0930 (Orange)
25 <u>Fitness Conditioning:</u> 1130 to 1230 <u>Nutrition 101:</u> 1430-1530 <u>Amazing Abs:</u> 1530 to 1550 <u>Spin Class:</u> 1600 to 1645	26 <u>Better Body Better Life</u> 1100-1230 (Yellow)	27 <u>Relaxation Therapy:</u> 1100 to 1200 <u>Fitness Conditioning:</u> 1130 to 1230 <u>Amazing Abs:</u> 1530 to 1550 <u>Spin Class:</u> 1600 to 1645	28 <u>Cardio Slam & Jam:</u> 0700 to 0730 <u>Better Body Better Life</u> 1200-1330 (Yellow) <u>TRX—The Ultimate Training</u> 1530 to 1630 AT THE FITNESS CENTER <u>Kick the Tobacco Habit #1&4</u> 1600 to 1700	