

SEPTEMBER WELLNESS

COMPLIMENTARY WELLNESS

Walk 2 Run

This free 10-week program teaches you to run, improves fitness, and assists in losing weight and lowering cholesterol. All are welcome regardless of age, speed or experience. Wear athletic shoes. Walkers are welcome too!

Thursdays: August 25 – October 27

Outside WH East Side: 4:45-5:30pm

Email jecker@fnal.gov if interested or just show up.

FITNESS CLASSES

Muscle Toning

Tues & Thurs: October 4 – December 20

No class: 11/15, 11/17, 11/24

Fitness Center Exercise Room: 5-6pm

Fee: \$100 for 20 classes (Register by September 27)

Yoga

Thursdays: September 8 – October 27

WH Ground Floor East Training Room: 11:45-12:30pm

Fee: \$60 (Register by September 1)

Thursdays: September 8 – October 27

WH Ground Floor East Training Room: 12:30-1:15pm

Fee: \$60 (Register by September 1)

Zumba Fitness & Toning

Tuesdays: September 6 – October 25

Fitness Center Exercise Room: 12-12:45pm

Fee: \$50 (Register by August 30)

EMPLOYEE DISCOUNTS

BatteriesPlus, 2933 Kirk Road, Aurora

10% discount with Fermi I.D. Offer cannot be combined with other coupons or promotions.

Geneva Fit, 321 Stevens St., Geneva

Small group high intensity training and mobility work.

Sessions build cardiovascular and respiratory endurance, stamina, strength, flexibility, coordination, agility, balance, speed and power. Show Fermi ID to receive 10% off small group training. Call 630-886-2270 for more info or <http://www.geneva-fit.com/>

<http://wdrs.fnal.gov/wellness/convenience.html>



Hosted by the Wellness Department,
an Office of Workforce Development & Resources Section

<http://wdrs.fnal.gov/wellness/index.html>