



DELGADO CITY PARK FITNESS CENTER PRESENTS APRIL 2008 CALENDAR

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30am		Cardio Rise and Shine		Cardio Rise and Shine		
8am						
9am		Lagniappe 9 a.m. – 1 p.m. Charity School of Nursing (4/22)	Free Nutrition Counseling	Free Nutrition Counseling	AB Class	
10am			Aerobics			
11am			Wellness			
12noon		12:15 p.m. Cardio-Boxing	Wednesdays 11am to 1pm	12:15 p.m. Cardio-Boxing		
1pm		Aerobics		Aerobics		
2pm						
3pm						
4pm						
5pm	Pilates		Pilates			
6pm	Cardiovascular Sculpt		Cardiovascular Sculpt			
7pm						

Free Individual Nutrition Counseling during the month of April! Services provided by Touro Hospital Dietetic Interns. Check with Fitness Center staff for available appointment times.

♥**Wellness Wednesdays** - Wellness topics presented from 11 a.m. to 1 p.m. on Wednesdays (or Lagniappe Tuesday or Thursday) during the semester. Most topics presented by Allied Health and Nursing School faculty and students; ask Fitness Center front desk for the topic of the week. Some extra health and wellness activities will be added to the calendar as the need arises.

- April 2 Allied Health Fair**
- April 9 Charity School of Nursing: Breast & testicular cancer**
- April 16 Radiation Therapy: Obesity & cancer**
- April 23 Pharmacy Technician: TBD**

♥**Cardio Rise and Shine** - Intervals of cardio mixed with resistance training.

♥**Cardio- Boxing** - A full body plyometric workout, punching techniques, and abdominal exercises.

♥**AB Class** - half an hour of exclusively abdominal exercises.

♥**Cardiovascular Sculpt** - high impact routine designed to increase muscle tone, strength, burn body fat, increase lean muscle mass, lose weight, increase flexibility and improve cardiovascular endurance.

♥**Aerobics and Pilates** - The instructors will allow a limited number of fitness center members to attend these for-college-credit classes. You need to check with the instructor or sign-up at the front desk to secure your place.

For more information, call the City Park Wellness & Fitness Center at (504) 671-5484.