



DELGADO FITNESS CENTER PRESENTS OCTOBER CALENDAR

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:30am		Cardio Rise and Shine		Cardio Rise and Shine	
8am					
9am					AB Class
10am					9am-1pm Oct 5 & Oct 25
11am		Cardio-Boxing	Wellness Wednesdays 11am to 1pm Oct 3- Carbohydrate counting Oct 10-DCC Wellness Fair Oct 17-Health Benefits of Owning a Pet Oct 24-Oxygen Testing Oct 31- Eye Testing	Cardio-Boxing	Health Screening & Education- Charity Nursing Students
12noon	Tai Chi <i>Class canceled Oct 1 and 8; resume Oct 15</i>			Tai Chi ONLY Oct 12	
1pm					
2pm					
3pm					
4pm			Weight Watchers		
5pm					
6pm	Resistance Band Training		Resistance Band Training	AB Class	
7pm					

Wellness Wednesdays - weekly wellness topics presented from 11am to 1pm starting in mid-September and ending in early December; most topics presented by Allied Health and Nursing School Faculty and Students; ask front desk for the topic of the week.

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

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

AB Class - half an hour of exclusive abdominal exercises.

Resistance Band Training - full body workout that incorporates muscular strength and endurance utilizing resistance bands.

Tai Chi - unique combination of slow, graceful movements and quiet meditation that helps improve quality of life – physically, mentally, and spiritually. Studies have shown that Tai Chi can help improve balance, blood pressure, sleeping, strength, and ability to handle pain. Susan Welsh, PT, PhD, will begin a weekly Tai Chi class beginning Monday, September 10, Delgado Fitness Center. Please wear comfortable clothes.