



DELGADO FITNESS CENTER PRESENTS SEPTEMBER CALENDAR

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30am		Cardio Rise and Shine		Cardio Rise and Shine		
8am						
9am					AB Class	
10am						
11am		Cardio-Boxing	Wellness Wednesdays 11am to 1pm	Cardio-Boxing		
12noon	Tai Chi					
1pm						
2pm						
3pm						
4pm						
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.