

CLASS DESCRIPTIONS

- 4 Weeks to Fitness (A Beginner's Boot Camp)
Leave your desk behind and join our exercise physiologist outdoors for an after hours workout that can help you achieve the results you want. Don't worry if you're out of shape; this beginner's boot camp is just what you need to slim down and shape up. (Bring your water, a towel, and don't forget to wear walking shoes and comfortable, loose clothing.)
- Couch to 5K
Never ran before? No Problem! This seminar will provide you a slow and steady approach to build your mental and physical strength. In just 9 weeks you'll enjoy the sense of accomplishment when you are ready to participate in the Corporate Games 5K walk/run. Let the training begin!
- Fun Walk
Whether you're a beginner or an advanced walker, come take the one-mile walk test for a fun way to assess your fitness level. You'll also learn some good stretches and find out how using a pedometer can help you stay fit. A drawing for a free pedometer will be held at the end of the walk. You need not be present to win.
- Guilt-Free Weight Loss
This effective weight loss program offers a simple, realistic approach to permanent weight loss that can leave you thinner and healthier! Attend as often as your schedule allows.
WEEK 1: Myth Busters
WEEK 2: "Eat this Not That"--Come to class and get the book
WEEK 3: Will Power vs Skill Power--Removing Guilt
WEEK 4: Be a Fat and Sugar Detective--Come to class and get the book
WEEK 5: Lose Weight by Reading Labels
WEEK 6: Easy Template for Balanced Diet
WEEK 7: Just Getting Off Your "BuTs" (Excuses)
WEEK 8: Join the Fun Walk
WEEK 9: How to Recognize and STOP Emotional Eating
WEEK 10: "Failure"--If you've ever given yourself this label, this class is for you.
- Jump Start Your Workout!
Discover a surefire approach to shape up and get fit. Let our exercise physiologist show you which exercises are most likely to give you the results you want in the least amount of time. Don't worry if you're out of shape and don't like to exercise, this can be just what you need to get going with fitness. Boost your energy, maximize your metabolism and feel great! (Bring a towel or mat and wear comfortable, loose clothing.)