



DHFS Wellness Program

May 1st - 15th, 2009

FITNESS FOR YOUR BODY

SMALL GROUP TRAINING

	Monday	Tuesday	Wednesday	Thursday	Friday
6:30 - 7:30am	Exercise Room Jester East - Karla Kinsolving - Cindy	Tae Bo Kickboxing Jester HDC Karla	Exercise Room Jester East - Karla Kinsolving - Cindy	Exercise Room Jester East Katherine	Exercise Room Jester East Katherine
Noon - 1:00pm	Walking to a Healthier You Clarkfield* Karla	Walking to a Healthier You Clarkfield* Lorenzo ^Δ	Walking to a Healthier You Clarkfield* Lorenzo ^Δ	Walking to a Healthier You Clarkfield* Lorenzo ^Δ	Exercise Room Kinsolving Kim ^Δ
		Exercise Room Jester East Cindy			
5:00 - 6:00pm	Exercise Room Jester East Karla	Exercise Room Jester East Cindy	Total Body Workout Jester HDC Karla	Exercise Room Jester East Karla	

NOTE: During Exercise Room hours, trainers will be available to assist you on a first-come, first-served basis.

*On rainy days, group training will be held in the Jester HDC.

^Δ Lorenzo and Kim's sessions end on Friday, May 8th.

FITNESS FOR YOUR BRAIN

NUTRITION & HEALTH

**Summer Slimdown
Shopping List**

In this class, we'll reveal the perfect grocery list of healthy foods to keep your spring shape in top form for summer!

May 8th (Fri) 9 - 10am Jester HDC

STRESS MANAGEMENT

**Making Your Stress
Work for You**

Have you felt stressed out lately? We'll teach you how to handle change and stressful situations, so that you can be happier at home and at work.

May 12th (Tue) 2 - 3pm KIN 17H