

SUMMER 2008
Fitness Center Lectures
Everyone Welcome!

| Day/Date | Time | Topic | Staff | Location |
|-----------------|------------------|---|--------------|-----------------|
| Mon. June 9 | 9:00 - 9:30 am | Want to Run a 5K Race? | Cheryl | T-146 |
| Tue. June 10 | 5:00 - 5:30 pm | Strength Training for Women | Tina | T-146 |
| Thurs. June 19 | 5:30 - 6:00 pm | Treat Your Feet: The Importance of Good Footwear | Tina | T-146 |
| Wed. June 25 | 11:00 - 11:30 am | How to Get CPR Certified | Cheryl | T-146 |
| Tue. July 1 | 5:30 - 6:00 pm | Do You Need a Personal Trainer? | Tina | T-146 |
| Mon. July 7 | 9:30 - 10:00 am | The Food Guide Pyramid | Cheryl | T-146 |
| Tues. July 8 | 6:00 - 6:30 pm | Hip - Thighs - Buns (How to Use the Magnum Hip Machine) | Tina | Fitness Center |
| Mon. July 14 | 12:00 - 12:30 pm | Learn to Relax (Bring a Pillow) | Cheryl | Prairie Center |
| Wed. July 16 | 10:00 - 10:30 am | Is Your Injury Serious | Cheryl | T-146 |
| Thurs. July 17 | 11:00 - 11:30 pm | Building Muscular Endurance | Cheryl | T-146 |
| Wed. July 23 | 5:30 - 6:00 pm | Avoiding Training Plateaus | Tina | T-146 |
| Thurs. July 24 | 1:30 - 2:00 pm | Strength Builder Challenge | Coach Cool | Fitness Center |

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| <p>To receive an "A" PE 102 Students MUST attend 1 lecture PE 103 Students MUST attend 2 lectures PE 104 Students MUST attend 3 lectures.</p> |
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REMEMBER TO PROGRESS TEST!

Last Day for Credit
Thursday, July 31!!