

WELLNESS

FREE WELLNESS OFFERINGS

Walk 2 Run

This FREE 10-week program can help you improve your fitness and lose weight by gradually increasing your running potential. The first week you will begin walking and then run 2 minutes. At the conclusion of the 10 weeks you will complete a 30 minute continuous run. You are welcome to join us regardless of age, speed or level of experience.



Thursdays: March 1 – May 3

Meet outside Wilson Hall, East Side: 4:45 – 5:30 p.m.
Wear athletic shoes and comfortable clothes. Bring water. For more info call Jeanne in the Wellness Office at x2548 or jkoester@fnal.gov

Qigong, Mindfulness & Tai Chi Easy® for Stress Reduction Classes

Ongoing Wednesdays

WH Auditorium: 7-8 a.m.

Ongoing Fridays

WH Auditorium: Noon - 12:45 p.m.

FITNESS CLASSES

Butts & Guts

Thursdays: March 1 – April 19
Fitness Center: 12 – 12:45 p.m.
Fee: \$53/person



Yoga

Tuesdays: March 6 – April 24
Wilson Hall Auditorium: Noon – 1 p.m.
Fee: \$85/person

Zumba

Wednesdays: March 14 – May 2
Fitness Center: Noon – 12:45 p.m.
Fee: \$45/person
Fridays: March 16 – May 4
Fitness Center: Noon – 12:45 p.m.
Fee: \$45/person



Muscle Toning

Tuesdays & Thursdays: March 20 – May 17
Fitness Center: 5:30 – 6:30 p.m.
Fee: \$77/person

EMPLOYEE CLUBS

Barnstormers (Radio Control Model Airplane Club)
Delta Dart Night! Delta Darts are small rubber band powered airplanes that can be built in less than an hour and flown indoors. All materials provided. Competition flying starts at 7 p.m. Please be at the Barn no later than 6 p.m. to start construction. Open to the Fermilab Community and their families.

Wednesday: March 14
Kuhn Barn: 5:30 p.m.



Hosted by the Recreation Department,
an Office of Workforce Development & Resources Section
<http://wdrs.fnal.gov/recreation/index.html>