

WELLNESS

BOOK FAIR

Wednesday: November 16: 10 a.m. - 3 p.m.
Thursday: November 17: 8 a.m. - 2 p.m.
Wilson Hall Atrium



FREE WELLNESS OFFERINGS

Lunch & Learn: Best Moves for Faster Weight Loss

Tuesday: November 8

WH2W, Curia II: Noon – 1 p.m.

Learn a few tricks and key changes you can make that help you reach your weight loss goals faster.

Lunch & Learn: Holiday Survival

Tuesday: November 29

WH2W, Curia II: Noon – 1 p.m.

The holidays bring temptation to stress out and overindulge. We'll help you get your plan in place to ensure "the most wonderful time of the year" really is.



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

Wednesdays: 7 - 8 a.m., WH Auditorium

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

FITNESS CLASSES

Kyuki-Do Martial Arts

Mondays & Wednesdays: Nov. 7 – Dec. 14

Fitness Center: 5 – 6 p.m.

Fee: \$55/person



Zumba

Wednesdays: Nov. 9 – Dec. 21 (No class 11/16)

Fitness Center Exercise Room: Noon – 12:45 p.m.

Fee: \$35/person

Thursdays: Nov. 10 – Dec. 29 (No class 11/17 & 11/24)

Fitness Center Exercise Room: Noon – 12:45 p.m.

Fee: \$35/person

Muscle Toning

Tuesdays & Thursdays: November 15 – January 17
(No class 11/24, 12/27, 12/29)

Fitness Center Exercise Room: 5:30 – 6:30 p.m.

Fee: \$77/person

ATHLETIC LEAGUES

Winter Basketball League

Weeknight TBD: December 1 – March 29

Gym Membership Required: 5 – 7:30 p.m.

Contact Brian Niesman, x3132, bniesman@fnal.gov



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