

WELLNESS

FREE WELLNESS OFFERINGS

Lunch & Learn: Supermarket Survival

Tuesday: September 27

WH2W, Curia II: Noon – 1 p.m.

Learn how to shop at the supermarket and still eat a healthy diet. Find out what to say “No” to, how to plan ahead, and how to read nutrition labels.

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

Butts & Guts

Thursdays: September 8 – November 3 (no class 9/22)

Fitness Center: 1 – 1:45 p.m.

Fee: \$53/person

Muscle Toning

Tuesdays & Thursdays: September 20 – November 10

Fitness Center: 5:30 – 6:30 p.m.

Fee: \$77/person

ATHLETIC LEAGUES

Bowlers Wanted

Wednesdays: September 7 – March 28

Bowling Green Sports Center: 5:30pm

For info contact Barb Book x3111 or bbook@fnal.gov

Open Basketball

Mondays, Tuesdays, Thursdays

Fitness Center Gym: 11:30 a.m. – 1 p.m.

Gym membership required.

Open Badminton

Wednesdays: 11 a.m. – 1 p.m.

Fridays: 4 – 6 p.m.

Fitness Center Gym: membership required



DISCOUNTS

Movie Tickets

Goodrich Tickets \$8.00

AMC & Regal Theater Tickets \$7.00 - \$8.00



Six Flags Great America, GiftTree.com, Jazzercise, Great Wolf Lodge (WI Dells), Rosati's of Batavia.

For more discounts...

<http://wdrs.fnal.gov/wellness/convenience.html>



Hosted by the Recreation Department,
an Office of Workforce Development & Resources Section

<http://wdrs.fnal.gov/recreation/index.html>