

WELLNESS

FREE WELLNESS OFFERINGS

KRONOS WEIGHT MANAGEMENT

A 12-week course for sustainable weight loss



Wednesdays: February 8 – April 25
WH Curia II: 11:30 a.m. – 12:30 p.m.
Must sign up in advance. Limited space.
http://registerformyevent.com/Fermi_LMP

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

Kyuki-Do Martial Arts Class

Mondays & Wednesday: Feb. 20 – March 28
Fitness Center: 5 – 6 p.m.
Fee: \$55/person

Yoga

Tuesdays: Feb. 28 – April 17
Wilson Hall Auditorium: Noon – 1 p.m.
Fee: \$85/person

ATHLETIC LEAGUES

Open Basketball

Mondays, Tuesdays, Thursdays: 11:30 a.m. – 1 p.m.
Tuesdays: 6 – 8 p.m.
Fitness Center Gym: membership required

Open Badminton

Wednesdays: 11 a.m. – 1 p.m.
Fridays: 4 – 6 p.m.
Fitness Center Gym: membership required

Open Volleyball

Fridays: 11 a.m. – 1 p.m.
Fitness Center Gym: membership required

DISCOUNTS

For employee discount information...
<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>