

# GET FIT

*Want to get fit, but don't know where or how to get started?*

*Are you new to the gym but a little intimidated and don't know who to ask for help?*

As part of the VU Living Well Program, Tiffany Mathias will be available in the Student Recreation Center during the scheduled times listed to help you kick start your fitness plan.

Tiffany will be offering a comprehensive overview of the equipment options in the Student Recreation Center, as well as helping individuals of all ability levels develop a plan to meet their fitness goals. Bring a group or come on your own. No appointment necessary. This free service is available to all employees and spouses that are covered by VU's health insurance.

## TRAINING

Monday	11:00 A.M. – 1:00 P.M. 4:00 P.M. – 6:00 P.M.
Tuesday	11:00 A.M. – 1:00 P.M.
Wednesday	11:00 A.M. – 1:00 P.M. 4:00 P.M. – 6:00 P.M.
Thursday	11:00 A.M. – 1:00 P.M.
Friday	11:00 A.M. – 1:00 P.M.

## Water Aerobics

Tuesday	4:15 P.M. – 5:00 P.M.
Thursday	5:15 P.M. – 6:00 P.M.

## Lap Swim

Tuesday	5:15 P.M. – 6:00 P.M.
Thursday	4:15 P.M. – 5:00 P.M.

