


WINTER WELLNESS ACTIVITIES 2011

	<p>Zumba</p> <p>Register: gilmoree@evergreen.edu</p>	<p>Weight Watcher's</p> <p>Pay at first session on 1/5/11</p>	<p>Stress Management</p> <p>Registration not required.</p>
<p>Dates</p>	<p>Every Tuesday beginning 1/11/11</p>	<p>12 week session every Wednesday beginning 1/5/11 <u>if 15 enroll.</u></p>	<p>1/14/11 and third Friday of each month thereafter.</p>
<p>Time</p>	<p>12:10-12:50</p>	<p>12:00-12:50</p>	<p>12:10-12:50</p>
<p>Leader</p>	<p><u>Kathie Roberts</u></p>	<p><u>Jerry Glendenning</u></p>	<p><u>Zoe Waggoner</u></p>
<p>Location</p>	<p>CRC 314</p>	<p>LIB 1003</p>	<p>LIB 1005</p>
<p>Information</p>	<p>Latin –style aerobic/dance workout.</p>	<p>First session on 1/5: Bring check or debit/credit card for \$156. For \$52/month payment plan, simply date first check for 1/5/11 and two more for 2/5/11 and 3/5/11.</p>	<p>Guided visualization and relaxation.</p>