

December 2020

Guilford County Employee Wellness Center

Sign-up via Power Apps Link : Join In-Person or Online through Microsoft Teams



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 BODY SCULPT 5:30PM-6:15PM	2 BEGINNER BASICS 12:15PM-12:45PM	3 FITNESS/BODY FAT ASSESSMENT BY APPT. 4:00PM-6:00PM BODY SCULPT 6:15PM-7:00PM	4 CORE 30 12:15PM-12:45PM	5
6	7 VIRTUAL TOUR OF THE WELLNESS CENTER 12:00PM-12:15PM 12:30PM-12:45PM	8 BODY SCULPT 5:30PM-6:15PM	9 BEGINNER BASICS 5:30PM-6:00PM	10 FITNESS/BODY FAT ASSESSMENT BY APPT. 4:00PM-6:00PM BODY SCULPT 6:15PM-7:00PM	11 CORE 30 12:15PM-12:45PM	12
13	14	15 BODY SCULPT 5:30PM-6:15PM	16 BEGINNER BASICS 12:15PM-12:45PM	17 FITNESS/BODY FAT ASSESSMENT BY APPT. 4:00PM-6:00PM BODY SCULPT 6:15PM-7:00PM	18 CORE 30 12:15PM-12:45PM	19
20	21 VIRTUAL TOUR OF THE WELLNESS CENTER 12:00PM-12:15PM 12:30PM-12:45PM	22 BODY SCULPT 5:30PM-6:15PM	23 CORE 30 12:15PM-12:45PM BEGINNER BASICS 5:30PM-6:00PM	24	25 CHRISTMAS	26
27	28	29 BODY SCULPT 5:30PM-6:15PM	30 CORE 30 12:15PM-12:45PM	31		

DESCRIPTIONS

BODY SCULPT

This full body workout is designed to get your blood flowing and your muscles burning through body weight exercises and the use of additional equipment, such as resistance bands, dumbbells, and kettlebells.

Fitness Level: Beginner-Advanced

CORE 30

Improve your posture by performing various exercises designed to strengthen the abdominal and back muscles.

Fitness Level: Beginner-Advanced

BEGINNER BASICS

Lower your risk of injury and feel more confident by learning proper body mechanics. Try the following exercises without weight, then with weight: chest press, squats, lunges, rows, bicep curls, tricep extensions, crunches, back extensions, and shoulder raises.

FITNESS/BODY FAT ASSESSMENT

Are you looking to determine a baseline for your fitness program and/or interested in tracking your body fat percentage? This is for you! Available by appointment.

THE GROUP EXERCISE ROOM MAY BE USED ANY TIME THERE IS NOT A CLASS OR TRAINING SESSION.

