



PERSONAL EXERCISE PROGRAM

FOR EL RIO EMPLOYEES, PATIENTS AND FAMILY MEMBERS

SUMMER SESSION STARTING SOON

June 10, 2019 through August 7, 2018

SIGN UP TODAY!

The Personal Exercise Program (PEP) is a personalized program that follows an exercise format that includes cardiovascular and resistance training. Learn how to safely and effectively use a variety of equipment to enhance your health and fitness. The classes are held at Pima Community College.

Monday & Wednesday

GROUP ONE 4:30 – 5:30 P.M.

GROUP TWO 5:30 -6:30 P.M.

PCC West Campus

2202 West Anklam Road

Fitness and Sports Sciences Building

Fitness Conditioning Center



For information, contact: Guillermo Chin, GuillermoC@elrio.org or 520-309-2774

PROGRAMA DE EJERCICIO PERSONAL

GRATIS PARA EMPLEADOS, PACIENTES Y FAMILIARES DE EL RIO

Sesión de verano: 10 de junio – 7 de agosto, 2019

¡REGISTRATE HOY!

El programa de ejercicio personal (PEP) es un programa de 12 semanas que incluye instrucción personal sobre el entrenamiento cardiovascular, resistencia y flexibilidad, además de una evaluación física. Aprenda a usar una variedad de equipos para mejorar su salud y su estado físico. Las clases se realizan en el campus de Pima Community College.

lunes y miércoles

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