# Staff Appreciation Events @ the JFC

May 21 - 25, 2012

Don't Miss Out!

## New Member Monday

**Annual Membership Fees:**
$195 full-time faculty/staff
$420 part-time faculty/staff

Purchase a new membership at the JFC on Monday, 5/21 and receive 50% off of your unlimited SUMMER group exercise pass! Summer group exercise passes include unlimited access to all of our group classes including yoga, spinning, total body workout and zumba! The regular summer pass price is $50; discounted rate is only $25!

## Zumba Tuesday

Join us in Bender Arena on Tuesday, 5/22 as we partner with AhealthyU to offer *FREE* zumba classes! Classes will be held from Noon - 12:45 pm and 1:00 - 1:45 pm. Come move and groove your way to fitness!

## "Walk-It-Out" Wednesday

Come join Jacquelyne Chantry, JFC Fitness Coordinator, for a walk during lunch on Wednesday, 5/23 from 12:00 - 12:45 pm. Walk the beautiful AU campus while learning the benefits of walking, as well as exciting ways to incorporate fitness into your busy schedule. Meet in the JFC lobby.

## "Take 10" Thursday

Looking for a great way to get in shape this summer?! Purchase any new training package on Thursday, 5/24 and receive 10% off the total price! Packages range from 3 to 15 session multi-packs. All training sessions are 1-hour in length and take your individual goals into account. **JFC Members Only**

*Sale Prices:*
3 sessions: $162
5 sessions: $234
10 sessions: $432
15 sessions: $625.50

## "What's Your Body Fat?!" Friday

The JFC will be offering free body composition (skinfold) assessments on Friday, 5/25. A high body fat level is associated with an increased risk of cardiovascular disease, diabetes, stroke, and other metabolic conditions so it is important to know your numbers! Appointments will be scheduled every 15 minutes during the following times: 7:30 - 9:30 am, 11:30 am - 1:30 pm, 2:30 - 4:30 pm. Contact Kelly Janos (janos@american.edu) to reserve your spot today!

AMERICAN RECREATIONAL SPORTS & FITNESS