

# **Open Fitness for the Summer**

## **• HLTH 001**

CRN 25274 June 1<sup>st</sup> – August 31<sup>st</sup>

Mon. – Fri.: 6:00 a.m. – 9:00p.m.

Sat & Sun.: 8:00 a.m. – 1:00 pm

Enrollment provides you with Monday - Sunday access to our fitness center which includes over 65 pieces of state-of-the-art strength and cardiovascular equipment. Workout around your schedule and renew your commitment to great health! A small sample includes: Body Masters Selectorized Circuit Training Equipment, Stairmaster stepmills, the latest in sophisticated plate loaded and weight equipment, Concept 2 rowing ergometers, Stairmaster Freeclimbers, Precor upright and recumbent bikes, Stairmaster and Woodway treadmills among many others. Designed for those individuals who are not alumni of Holyoke Community College.

Initial first-class orientation: Friday, May 31<sup>st</sup>, 6:00P.M.,  
Bartley Center.