

Winter Break (12/16 - 12/23/2013)

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Winter Term (1/2 - 1/24/2014)

OXFORD Campus employee fitness center (Phillips, 113) and fitness class schedule:

Monday	Tuesday	Wednesday	Thursday	Friday
16 December Fitness Center 11a-1:30p, 4-6p	17 Fitness Center 6-8a, 11a-1:30p, 4-6p	18 Fitness Center 11a-1:30p, 4-6p	19 Fitness Center 6-8a, 11a-1:30p, 4-6p	20 Fitness Center 11a-1:30p, 4-6p
23 Fitness Center 11a-1:30p	24 Closed	25 Closed	26 Closed	27 Closed
30 Closed	31 Closed	1 January Closed	2 Fitness Center 6-8a, 11a-1p, 4-6p <i>Pilates</i> 12:10-12:55p PHI, 115	3 Fitness Center 11a-1p, 4-6p <i>Cross Training</i> 12:10-12:55p PHI, 33
6 Fitness Center 11a-1p, 4-6p <i>WiiFit Zumba</i> 12:10-12:55p PHI, 33	7 Fitness Center 6-8a, 11a-1p, 4-6p <i>Yoga</i> 5:30-6:30p MCG, 322	8 Fitness Center 11a-1p, 4-6p <i>Yoga</i> 12:10-12:55p PHI, 115	9 Fitness Center 6-8a, 11a-1p, 4-6p <i>Pilates</i> 12:10-12:55p PHI, 115	10 Fitness Center 11a-1p, 4-6p <i>Cross Training</i> 12:10-12:55p PHI, 33
13 Fitness Center 6-8a, 11a-1p, 4-6p <i>WiiFit Zumba</i> 12:10-12:55p PHI, 33	14 Fitness Center 6-8a, 11a-1p, 4-6p <i>Yoga</i> 5:30-6:30p MCG, 322	15 Fitness Center 11a-1p, 4-6p <i>Yoga</i> 12:10-12:55p PHI, 115	16 Fitness Center 6-8a, 11a-1p, 4-6p <i>Pilates</i> 12:10-12:55p PHI, 115	17 Fitness Center 11a-1p, 4-6p <i>Cross Training</i> 12:10-12:55p PHI, 33
20 Closed	21 Fitness Center 6-8a, 11a-1p, 4-6p <i>Yoga</i> 5:30-6:30p MCG, 322	22 Fitness Center 11a-1p, 4-6p <i>Yoga</i> 12:10-12:55p PHI, 115	23 Fitness Center 6-8a, 11a-1p, 4-6p <i>Pilates</i> 12:10-12:55p PHI, 115	24 Fitness Center 11a-1p, 4-6p <i>Cross Training</i> 12:10-12:55p PHI, 33

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Miami employee fitness centers and fitness class schedule:

WHO: Fitness 4 Life offers **NO COST** fitness programs for **MU employees** (all FT and PT employees welcome regardless of benefit eligibility) and any spouse/SSDP covered by Miami's health plan (excludes grad assistants and student employees). Employees from all campuses are welcome at all classes and all fitness centers.

WHAT: A variety of fitness center hours and fitness classes will be offered during winter break and winter term. Classes and centers are suitable for all fitness levels and welcoming to beginners and experienced alike.

WHEN & WHERE: See the reverse side of this flyer for the Oxford Campus schedule and below for Regional locations.

How to join:

Employees - Visit Phillips, 113 anytime during the hours listed and Employee Benefits & Wellness staff will sign you up and take you through a Fitness Center Orientation. Employees are required to present their Miami ID card prior to each workout.

Spouses & SSDP - First time participants must contact Employee Benefits & Wellness to schedule a Fitness Center Orientation (Phillips, 113) where they will present their Humana insurance card, complete necessary paperwork, receive a Fitness Pass, and be given a tour.

Need help getting started:

Personal Training is available (1/13-1/24/13) in Phillips, 113 by appointment. Contact us to schedule your visit today!

Oxford Campus

Phillips Hall, 113

See reverse side of this flyer for fitness center hours and fitness class schedule.

Hamilton Campus

Hamilton Gym, Weight Room

12/16 -12/23/13: Closed

1/2- 1/24/13:

Monday – Thursday 10am to 3pm

Friday 10am to 1pm

Middletown Campus

Bennett Recreation Center

12/16 - 1/24/13: Closed



Employee Benefits & Wellness

513-529-EHWP (3492)

healthandwellbeing@MiamiOH.edu



For other health and fitness resources please visit Employee Benefits & Wellness at MiamiOH.edu/hr/benefitswellness