



Exercise
Your Body,
Exercise
Your Mind!

At \$26 per unit, the Ohlone College Fitness Center provides all the amenities of a professional gym at a fraction of the cost.

Feel trapped by their exercise routine? Choose from a variety of programs to jumpstart your workout: Core Conditioning, Power Cardio, Lower Body Blast, and Armed & Dangerous.



TOTAL FITNESS	PE-344A2	(0.5 Unit)	
TOTAL FITNESS	PE-344A3	(1.0 Unit)	
TOTAL FITNESS	PE-344A2-13	(0.5 Unit)	15 weeks!
CIRCUIT TRAINING	PE-342A2-01	(0.5 Unit)	

Spring 2006 Fitness Center Hours of Operation

M, W	8:00 am - 2:00 pm, 4:00 pm - 7:00 pm
T, Th	7:00 am - 2:00 pm, 4:00 pm - 7:00 pm
Friday	8:00 am - 2:00 pm
Saturday	9:00 am - 12:00 noon
Sunday	CLOSED

Call us at 510-659-6044 or visit our website:
www.ohlone.edu/go/fitnesscenter

Register online using Web Advisor: www.ohlone.edu