

CORE/TOTAL BODY TRAINING

Join Mike Britton from the Health & Physical Education Department for an intense core/total body training session. Here are the details.....

For: **All Faculty and Staff at the Damon City Campus**

Where: Dance Studio (room 5267)

When: Wednesdays

Start Date: **October 3rd**

Time: During college hour 12:00 – 12:50 (Mike promises to leave you plenty of time to get ready for your next class)

Mike's experience as a Health/Physical Education Instructor and as a former professional athlete can help you target those tough areas.

Mike will also be available to answer questions about any of the following.....

- CARDIOVASCULAR TRAINING
- NUTRITION
- TRAINING AT HOME
- STRENGTH & CIRCUIT TRAINING
- WARM-UP & STRETCHING

QUESTIONS????

Call Mike @ 262-1760

Email – mbritton@monroecc.edu