

FEBRUARY 2010 HAWC Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 BCIP #1 1300-1500	3 Tobacco Cessation Class #1 0830-1000	4 HLP 1500-1700	5
8 Cholesterol Class 1300-1430	9 BCIP #2 1300-1500	10 Perfecting the Push-up 1400-1445	11	12 PTL Refresher Course 0830-1030 (Limit 20) BMI Education Class 1300-1400
15	16 BCIP #1 1300-1500	17 Tobacco Cessation Class #2 0830-0930 Nutrition 101 1000-1130	18 Hypertension 101 1000-1130 HLP 1500-1700	19 Tobacco Cessation Class #3 0830-0930
22 Cholesterol Class 0900-1030	23 BCIP #2 1300-1500	24 Stress Management Class 1300-1400 Perfecting the Push-up 1400-1445	25	26 PTL Class (limit 15 people) 0830-1500 Nutrition 101 1400-1530

CLASSES ARE HELD @ THE HAWC, UNLESS OTHERWISE NOTED. PLEASE CALL THE HAWC TO REGISTER FOR CLASSES @ 366-3199/2494

BCIP (Body Composition Improvement Program) NUTRITION EDUCATION FOR THOSE WITH POOR FITNESS SCORES AND WAIST >40" FOR MALES AND >35" FOR FEMALES. ATTENDEES MUST HAVE ATTENDED HLP CLASS AS A PRE-REQUISITE FOR THIS CLASS.

BMI EDUCATION CLASS FOR ANYONE INTERESTED IN LEARNING THE CONNECTION OF GOOD NUTRITION AND FITNESS TO IMPROVE BODY MASS INDEX, A RELATIONSHIP BETWEEN HEIGHT AND WEIGHT

CHOLESTEROL CLASS LEARN HOW TO LOWER YOUR CHOLESTEROL THROUGH HEALTHY LIFESTYLE CHANGES

HLP (Healthy Living Program)/HLP Follow-up FOR ALL FITNESS SCORES <75: From a multi-disciplinary approach; learn the basics about fitness, nutrition, goal setting, and lapse recovery

HYPERTENSION 101 GOT HIGH BLOOD PRESSURE? LEARN TO CONTROL IT THROUGH NUTRITION AND LIFESTYLE CHANGES

NUTRITION 101 LEARN THE BASICS; BEFORE YOU CAN GET THE MOST OUT OF YOUR WORKOUT, YOU HAVE TO LEARN HOW TO EAT RIGHT

PERFECTING THE PUSH-UP LEARN THE HOW, WHY, AND DEMONSTRATION OF PROPER PUSH-UP FORM. YOUR PUSH-UP WILL BE RECORDED AND PLAYED BACK TO DEMONSTRATE HOW YOU CAN IMPROVE YOUR TECHNIQUE. WORKOUT GEAR RECOMMENDED.

PTL (PHYSICAL TRAINING LEADER) CLASS LEARN HOW TO SAFELY AND EFFECTIVELY LEAD PT SESSIONS AND ASSIST UNIT FITNESS PROGRAM MANAGER. CPR TRAINING AND REGISTRATION IS A MANDATORY PRE-REQUISITE FOR THIS CLASS; ATTENDEES MUST BRING CURRENT/VALID CPR CARD TO CLASS.

PTL (PHYSICAL TRAINING LEADER) REFRESHER COURSE A REFRESHER IN HOW TO SAFELY AND EFFECTIVELY LEAD PT SESSIONS AND ASSIST UNIT FITNESS PROGRAM MANAGER. ATTENDEED MUST HAVE COMPLETED THE INITIAL PTL TRAINING CLASS IN THE PAST. CPR TRAINING AND REGISTRATION IS A MANDATORY PRE-REQUISITE FOR THIS CLASS; ATTENDEES MUST BRING CURRENT/VALID CPR CARD TO CLASS.

STRESS MANAGEMENT CLASS FIND OUT CONSTRUCTIVE AND EASY TO LEARN TECHNIQUES FOR LOWERING STRESS LEVELS. FREE STRESS BALL FOR EVERY PARTICIPANT!