

LIFE-LONG LEARNING

HEALTH & FITNESS CENTER

The Health & Fitness Center provides fitness research classes for adults. The purpose of these programs is to reverse the key problems of the aging process by remodeling muscle, recharging metabolism, reducing fat and regaining physical fitness. Each class involves approximately 30 minutes of strength training, 20 minutes of aerobic activity and five minutes of stretching exercise. All exercise classes are conducted in our state-of-the-art fitness facility on new Nautilus equipment, with two instructors leading classes of 6 to 10 people. All participants receive regular body composition and blood pressure assessments in our fitness testing office.

EXN 101 sections meet two times a week. Classes may be taken individually or for those starting late. All classes are held on the lower level of Presidents Place, 1250 Hancock Street, Quincy, MA 02169. For more information about Health & Fitness Center programs, please contact [Wayne Westcott](mailto:wwestcott@quincycollege.edu) at wwestcott@quincycollege.edu or call 617-984-1716.

Mondays & Wednesdays Schedule — Cost \$80 | July 11 - August 31

Course Code	Course Title	Building	Days	Start Time	End Time	Start Date	End Date
EXN 101 49	Health & Fitness Center	PP	MW	7:00 AM	7:55 AM	7/11	8/31
EXN 101 50	Health & Fitness Center	PP	MW	8:00 AM	8:55 AM	7/11	8/31
EXN 101 51	Health & Fitness Center	PP	MW	9:00 AM	9:55 AM	7/11	8/31
EXN 101 52	Health & Fitness Center	PP	MW	10:00 AM	10:55 AM	7/11	8/31
EXN 101 53	Health & Fitness Center	PP	MW	11:00 AM	11:55 AM	7/11	8/31
EXN 101 54	Health & Fitness Center	PP	MW	1:00 PM	1:55 PM	7/11	8/31
EXN 101 55	Health & Fitness Center	PP	MW	2:00 PM	2:55 PM	7/11	8/31
EXN 101 56	Health & Fitness Center	PP	MW	3:00 PM	3:55 PM	7/11	8/31
EXN 101 57	Health & Fitness Center	PP	MW	4:00 PM	4:55 PM	7/11	8/31
EXN 101 58	Health & Fitness Center	PP	MW	5:00 PM	5:55 PM	7/11	8/31
EXN 101 59	Health & Fitness Center	PP	MW	6:00 PM	6:55 PM	7/11	8/31
EXN 101 60	Health & Fitness Center	PP	MW	7:00 PM	7:55 PM	7/11	8/31

Tuesdays & Thursdays Schedule — Cost \$80 | July 12 - September 1

Course Code	Course Title	Building	Days	Start Time	End Time	Start Date	End Date
EXN 101 61	Health & Fitness Center	PP	TR	7:00 AM	7:55 AM	7/12	9/1
EXN 101 62	Health & Fitness Center	PP	TR	8:00 AM	8:55 AM	7/12	9/1
EXN 101 63	Health & Fitness Center	PP	TR	9:00 AM	9:55 AM	7/12	9/1
EXN 101 64	Health & Fitness Center	PP	TR	10:00 AM	10:55 AM	7/12	9/1
EXN 101 65	Health & Fitness Center	PP	TR	11:00 AM	11:55 AM	7/12	9/1
EXN 101 66	Health & Fitness Center	PP	TR	1:00 PM	1:55 PM	7/12	9/1
EXN 101 67	Health & Fitness Center	PP	TR	2:00 PM	2:55 PM	7/12	9/1
EXN 101 68	Health & Fitness Center	PP	TR	3:00 PM	3:55 PM	7/12	9/1
EXN 101 69	Health & Fitness Center	PP	TR	4:00 PM	4:55 PM	7/12	9/1
EXN 101 70	Health & Fitness Center	PP	TR	5:00 PM	5:55 PM	7/12	9/1
EXN 101 71	Health & Fitness Center	PP	TR	6:00 PM	6:55 PM	7/12	9/1
EXN 101 72	Health & Fitness Center	PP	TR	7:00 PM	7:55 PM	7/12	9/1