

VU LIVING WELL PRESENTS

GET FIT

Connor Vieck, Certified FMS Trainer

Want to get fit, but don't know where or how to get started? Are you new to the gym but a little intimidated and don't know who to ask for help? As part of the VU Living Well Program, Connor Vieck, certified FMS trainer with a Bachelors in Exercise Science will be available in the Student Recreation Center during the scheduled times listed below to help you kick start your fitness plan.

Connor will be offering a comprehensive overview of the equipment options in the Student Recreation Center, as well as helping individuals of all ability levels develop a plan to meet their fitness goals. Bring a group or come on your own. No appointment necessary. This free service is available to all employees and spouses that are covered by VU's health insurance.

Contact Chris Gardner at ext. 5847 for questions.



BEGINNING JANUARY 25, 2016

MONDAY	11:00 AM - 1:00 PM
TUESDAY	4:30 PM - 7:00 PM
WEDNESDAY	11:00 AM - 1:00 PM
THURSDAY	4:30 PM - 7:00 PM
FRIDAY	11:00 AM - 1:00 PM

