

Dear G'burg folks:

Hi! This is Brenda Salas, the Wellness Coordinator for MC Rockville. I am writing to inform you of the Wellness offerings that we are bringing TO YOU beginning Monday, May 21, and to tell you of my plans for you for the Summer (I've got lots of ideas for you!).

1. Summer Wellness Schedule at Gaithersburg

Starting 5/21/07 and running through 8/31/07, you will have **4 on-site wellness classes**.

Monday & Friday: Tai Chi, 2pm - 3pm, Louise Liu instructing

Tues & Thursday: Body Sculpt, 4pm - 5pm, Brenda Salas instructing

2. Where to get your Cardio? Try the Rockville Campus on Wednesdays at 5:15pm for Jazzercise!

Of course, you are still welcome to come to wellness classes at the Rockville Campus. At Gaithersburg, the offerings work on specific components of fitness: Tai Chi addresses balance, strength and the mind-body connection; and the Body Sculpt classes address the strength, endurance, core stability and "body shaping" aspects of fitness. But, cardiovascular exercise for good heart health and calorie burning is missing in your schedule at Gaithersburg. Please join us for the cardio classes at the Rockville campus or visit our fitness center to use the cardiovascular equipment (treadmills, ellipticals, stationary bikes, etc.). I've attached the wellness schedule for Rockville to this email for your convenience.

3. Registration and Fees for classes:

Please complete an EAP form if using EAP funds or pay the cashier and attach either a copy of your receipt or the completed EAP form to the Waiver form and send to ME by 5/23/07 (I can pick up your forms when I teach body sculpt that day if you like). I MUST HAVE A WAIVER **AND** EITHER A COMPLETED EAP OR COPY OF PAID RECEIPT by 5/23/07 for you to participate. I've attached the EAP and Waiver forms (included in one document) to this email.

The fees are:

Body Sculpt \$30

Tai Chi \$30

4. What to expect from Body Sculpting twice a week?

Or once a week...ideally, you will attend both sessions, but if you can only make one of the classes, you will still achieve benefits such as:

Improved strength

Reduced body fat

Increased muscle definition

Less jiggle!

During the first few weeks of the body sculpting class, I will be meeting with you individually to take measurements (body fat analysis, girth measurements) so that we can monitor and measure your progress ALL SUMMER LONG! This is an exciting opportunity to set fitness goals and achieve them in a relatively short time.

You can help me get a head start by responding to this email to let me know if you're planning to attend the classes and if so, what your fitness goals are so I can have my plans ready for you.

Thanks so much, and I look forward to being at Gaithersburg!

In good health,

Brenda Salas