



Announcing the NEW HWEC

# Women's Fitness Focus Program

The Curtis L. Ivery Health and Wellness Education Center (HWEC) will begin offering **WOMEN ONLY** workout times and fitness classes throughout the day and evening hours.

The Women's Fitness Focus workout times will be designated in Studio 3. Studio 3 will be equipped with spinning bikes, free weights and various other fitness equipment to facilitate a comprehensive fitness experience. All windows and doors have had full shades installed for privacy.

In addition, fitness classes with female instructors will be scheduled in Studio 3 for Women's Fitness Focus only on designated days and times.

Classes and hours may be added as demand and interest dictates.