

GET FIT

Cerritos College



Thursdays @ 5:15 PM on the track



Couch to 5K Training Program

This training program is designed to get you up and moving. The goal will be to participate in a 5K run in 2 to 3 months and together the group will select a 5K run to work towards. Training will take place on campus Thursdays after work and participants will train at least two times per week on their own. Easy to follow workouts will be provided for independent training days. Every Thursday, we will also draw from our experts on campus to provide us with training tips and guidelines. While the program is structured for individuals with no recent training experience, all levels are welcome to participate. This is a great way to get fit, meet friends, and support each other on the path to fitness and wellness. I hear that Dr. Fierro will be joining us.

M 12:00 PM ★ Tu 12:30 noon ★ W 12:00 PM ★ Th 11:30 AM
in the new Fitness Lab



Lunch Time Open Workout

At least 2 days per week we will make available our brand new, and gorgeous, fitness lab in order to allow faculty and staff to come in for an open workout. At least one Physical Education/ Kinesiology Professor will be on hand to monitor workouts, provide guidance, and help with goal setting. Grab your fitness gear, a bottle of water, and your officemate and join us on the road to fitness and wellness. Schedule will be provided monthly and will be published on the Employee Development website and the Daily Falcon Calendar of events.

Visit [employee development web page – GET FIT tab](https://www.cerritos.edu/staffdev/get-fit/default.htm)
<https://www.cerritos.edu/staffdev/get-fit/default.htm>



Midday Group Fitness

Did you know we now have a group fitness room? We do and it is amazing! Each month we will have a rotating schedule of fun and motivating midday group exercise classes offered just for Faculty and Staff. Are you thinking spinning, cardio kickboxing, step aerobics? We will have that. TRX, battle ropes, and HITT. Yup, that too. There will be a ton of variety to keep your interest, all fitness levels are welcome. Dr. Fierro may join us occasionally as a class leader.