

Well at Dell Fitness Center

www.wellatdellfitnesscenter.com

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E-NEWS

Fitness Fanatic

Congratulations to our Fitness Fanatic on the month Peter Miranda!

Did you earn Bronze, Silver, or Gold status this month?

You can find out on the Fitness Fanatics Wall!

Pull-Up Contest

Congratulations to our top three competitors in this month's Strength Challenge:

1st Place: Greg Ramirez (41)
2nd Place: Dale Maudru (40)
3rd Place: Mike Meadors and Mark McCallister(30)

Group Exercise

August GEX Schedule

- 20/20/20
- Abs and Back
- Sports Conditioning
- Strength Circuit
- Zumba is BACK at PS3 at 12:35 on Thursdays!

Share the Health

Refer a friend to join the fitness center & both receive one FREE Boot Camp class!

- RR2 Boot Camp classes T/TH at 6:15-7:15 AM
- PS3 Boot Camp begins Monday, Sept 13th

August Programs

Join us for our last Summer Strength Series Challenge

TRX 40/40

Aug 24th at RR2 & Aug 25th at PS3

How To Clinics and Beginner TRX classes

- RR2 Beginner TRX class Mondays 12:45-1:15 pm
- PS3 How To TRX Clinic Aug 11, 16 at 12pm, 5 pm

Small Group TRX & Pilates Personal Training

Interested in training with a group of co-workers or friends at the Round Rock facility?

- Contact: Anthony_starnes@dell.com for details.
- Cost: \$96/8 sessions (50 min. sessions)

Well at Dell Webinars

Flu Season: Wed, Aug 25
Back Pain: Thurs, Aug 26

Visit www.wellatdell.com to register

Weigh of Living

14 week weight management program begins September 15.

Contact christi_reid@dell.com for more information.

Massage Special

Purchase a massage of 30 minutes or more and get 10 additional minutes FREE.

One offer per person

Health Body, Healthy Earth, Healthy You!

Back to School

Drop off last year's shoes at the PS3 or RR2 Fitness Center. All donated shoes will be sent to the Nike Reuse A Shoe program to make new athletic surfaces!