

Well at Dell Fitness Center

July Holiday Hours: Closed 6 PM on 7/2 and 7/3-7/5

www.wellatdellfitnesscenter.com

Email: Fitness_center@dell.com

E-NEWS

Summer Strength Challenge

Thanks for participating in the bench press competition. It was close!

RR2 Fitness Center

- Sam Kentor benched 365 lbs. for 3 reps!
- Rick Gove (lb. for lb. 3 RM winner). He benched 1.65 times his body weight.

PS3 Fitness Center

- Nathan Arldt & Minh Do benched 315 lbs. for 3 reps!
- Minh Do (lb. for lb. 3 RM winner). He benched 1.62 times his body weight.

Summer Programming

Fitness FANatics: Did you earn Bronze, Silver or Gold status this month? Stop in today and find out!

Summer Strength Challenge: Join us July 27 & 28 for our Pull-up Competition.

Yammer Time: Follow us on Yammer and join our Well at Dell Fitness Center group to stay up to date with all fitness center programs and activities! [Yammer](#)

Wellness Ambassadors: We are looking for more Wellness Ambassadors to promote the fitness center. Contact Christi_reid@dell.com for more details about the Wellness Ambassador program.

Swim Clinic: It's not too late! Clinic meets at the Chasco YMCA T/TH until August 10. See staff for details.

Boot Camp

Classes start July 7 & include:

- Sports drills
- Agility & cardio training
- Partner drills
- Cost: \$100/10 classes

Don't Sweat it!

Each Wednesday during July & August we will have ice cold towels to keep you cool after your workout. Enjoy!

Yoga

Have you tried any of our yoga classes? We offer yoga daily in both fitness centers and in RR3, RR8, RR5.

Relax, feel better, and reduce stress!

[July GEX schedule](#)

Well at Dell

To schedule your FREE office ergonomic assessments with the Dell EHS team click [here](#) .

Stay tuned for details on the August Physical Activity Challenge with Well at Dell!

Health Body, Healthy Earth, Healthy You!

Jane Fonda Who?

Given that most people no longer have VHS players, recycle those old workout tapes. Bring in your old workout videos and cassettes and the fitness center will recycle them all month.

Join us Tuesday, July 27 for a Totally 80's Day of Fitness

You don't want to miss it!