**EW101 Course**

**EMPLOYEE WELLNESS PROGRAM SUPPORTED**

**Workout at the Desert Vista or West Campus**

**fitness facilities for a low $30 per semester fee.**

All College employees may enroll in this zero-credit course and use the facilities anytime they are open. The self-paced Employee Wellness (EW) 101 course also gives you access to instructors on-site who can assist you in designing a customized fitness program. Enrollment includes a free ActivTrax membership which provides you customized, easy-to-follow workouts and comprehensive nutritional guidance.

Participation is easy:

- **Step 1:** Register and pay for the EW 101 course through the credit courses registration system (MyPima).
  
  Summer 2015 CRN: 30962    Fall 2015 CRN: 13178

- **Step 2:** Visit the West Campus Fitness & Conditioning Center (FCC) or the Desert Vista Fitness Center (FC) with your Pima ID and course payment receipt on the first day of the semester and fill out the required paperwork (PAR-Q and Informed Consent).

- **Step 3:** Enjoy using these great facilities!

For information on how you may participate in FAW fitness classes with a low attendance requirement, visit the wellness intranet page and reference the FAW Fitness Class Endorsement.

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**Employee Wellness**

**Intranet:**

MyPima @Work

>Employee Service Center

>Wellness

Phone: 206-4690

E-mail: PCC-Wellness@pima.edu

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**West Campus FCC Hours:**

Mon – Thurs: 7:00 AM – 7:00 PM  
Fri: 7:00 AM – 2:00 PM  
Sat: 10:00 AM – 1:00 PM

**Desert Vista FC Hours:**

Mon – Thurs: 6:30 AM – 7:00 PM  
Fri: 8:15 AM – 2:00 PM