FAW Fitness Class Endorsement

AN EMPLOYEE WELLNESS INITIATIVE - STARTING SUMMER 2015

Now is the time to take advantage of great campus resources to help you stay active!

With the endorsement you can participate in any of the Fitness and Wellness (FAW) group fitness classes such as Zumba, Yoga, Aerobics or Indoor Cycling and receive a passing grade when attending a minimum of 50% of the classes—**reduced from the current 90% minimum.**

> View the extensive schedule of courses on pima.edu for summer and fall 2015.

> Eligible employees can use the tuition waiver for low-cost enrollment.

Participation is easy:

- **Step 1:** Register and pay for the FAW fitness course(s) of your choice.

- **Step 2:** Submit the Employee Wellness FAW Fitness Class Endorsement Request Form to Employee Wellness before the second week of the semester. *Form is located on the wellness intranet page.*

- **Step 3:** Attend at least 50% of each course to receive a passing grade.

This endorsement is not available for FAW 110 / Weight Training, however you can register for EW 101 to use the West or Desert Vista Campus fitness facilities for a low fee and no syllabus or attendance requirements.

Employee Wellness

Intranet:
MyPima @Work
>Employee Service Center
>Wellness

Phone: 206-4690
E-mail: PCC-Wellness@pima.edu