



LITTLE TO NO EQUIPMENT NECESSARY

Learn exciting and easy exercise options to do just about anywhere all with little to no equipment necessary! Learn the importance of exercise and how you can perform these indoors and outdoors.

NORTHWEST CAMPUS

4/7/2020

1:00 - 2:00 pm

Room: A207

M&S

4/17/2020

9:00 - 10:00 pm

Room: MS105

DESERT VISTA

4/23/2020

1:00 - 2:00 pm

Room: F123

DISTRICT OFFICE

4/30/2020

1:00 - 2:00 pm

Room: A-206

Sign Up at pcc.acuityscheduling.com



PimaCommunityCollege
Employee Wellness Program



Earn 2 PCC Wellness Opportunity Points
for the Pima Healthy Rewards Program