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News from Merced College

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**FOR IMMEDIATE RELEASE
AUGUST 31, 2009**

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MERCED COLLEGE COMMUNITY SERVICES ANNOUNCES FALL FITNESS PROGRAMS

Let Merced College help you get into shape. The College's Community Services program has scheduled several low cost, high impact fitness courses including the following.

Fitness Boot Camp AM (Merced) – Get into great shape with an efficient workout that will burn lots of calories while strengthening your muscles. Every workout is different and you will constantly challenge yourself. This course is for anyone who wants to get a grip on their fitness regime.

*Monday/Wednesday/Friday, Sept. 2 – Dec 4
6–7 a.m.*

Instructor: Ryan Ballinger / Fee \$55

Location: Merced College Stadium

Fitness Boot Camp PM (Merced) – Get into great shape with an efficient workout that will burn lots of calories while strengthening your muscles. Every workout is different and you will constantly challenge yourself. This course is for anyone who wants to get a grip on their fitness regime.

*Tuesday/Thursday, Sept 1 – Dec 3
5:30–6:30 p.m.*

Instructor: Ryan Ballinger / Fee \$45

Location: Merced College Stadium

Fitness Boot Camp (Los Banos) – Get into great shape with an efficient workout that will burn lots of calories while strengthening your muscles. Every workout is different and you will constantly challenge yourself. This course is for anyone who wants to get a grip on their fitness regime.

Tuesday/Thursday, Sept 8 – Dec 10

6–7 a.m. Instructor: Aaron Gomes / Fee \$45

Location: Los Banos Campus

The Biggest Loser – Interested in a little friendly competition while shedding fat? Based on the popular television show, you will be competing to lose

pounds and inches with your class peers (based on body fat percentage). Everyone will be a winner but the ultimate “biggest loser” will receive a **CASH PRIZE**. Each class will focus on developing healthy lifestyle changes including help setting up healthy menus, exercise plans, as well as proven weight loss techniques. You will also participate in a rigorous workout, so come dressed appropriately. Note: Only weight loss percentages will be revealed.
Saturdays, October & November
7–9 a.m.
Fee \$50 plus \$20 lab fee

Participants may join more than one fitness boot camp and receive a discounted fee. For more information, or to register, call 384-6224 or go to www.mccd.edu/community

FITNESS FALL 09