



Midland College Fitness Center

October 2017 – Fall Edition –
Newsletter



C.H.A.P. Fit

October Classes

Monday & Wednesday

Plyo

Tuesday & Thursday

Yoga (starts @5:20)

C.H.A.P. Fit Hours

Monday-Thursday

7:00am – 8:00am

12:00pm – 1:00pm

5:00pm – 6:00pm



Fitness Center Hours:

New Fall Hours

Start Oct. 9th

Mon-Thu: 5:30 am – 10:00 pm

Fri: 5:30 am – 6:00 pm

Fitness Center Contact Info:

Front Desk

Phone: 685-6897

sanderson@midland.edu



It's your life.

And no one can protect it better than you.

–JUDI, BREAST CANCER SURVIVOR

Judi, a cancer survivor who lives with cerebral palsy, reminds us that living with a disability does not make us immune to breast cancer. And early detection is the key to living.

Breast cancer is the second most common kind of cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point.

The good news is that most women can survive breast cancer if it's found and treated early. A mammogram – the screening test for breast cancer – can help find breast cancer early when it's easier to treat.

National Breast Cancer Awareness Month is a chance to raise awareness about the importance of early detection of breast cancer. Make a difference! Spread the word about mammograms and encourage communities, organizations, families, and individuals to get involved

Do you want to do a private session or have a group you'd like to work out with?

We now offer on demand by Beach Body, call or email the front desk to schedule you session.

*Pre-scheduled classes are also offered for you to join

