JTCC’s Biggest Loser Contest
Team Leader:  Barbara Deets
January 16 – April 16, 2007
All Sites

JTCC’s Team Tyler @ Ukrop’s 10K
Train through March 31, 2007
Walking Team Training:  Leaders – Lil Heisey, Mara Hilliar & Linda Luebke
Running Team Training: Leaders – Kerrigan Sullivan & Joanne Horton

Beginning Yoga
Leader: Carolyn Lawrence
Jan 22, 29, Feb 12, 19, 26,
March 5, 19, 26
Midlothian, A317, 5:00-6:15 p.m.

Rock Chester (Aerobics)
Leader: Gilbert Menefield
Jan 25, Feb 1, 15, 22, March 1, 8, April 12, 19
Chester, Nicholas 102, 5:30-6:30 p.m.
(open to the community)

A New Year and a New You – Ukrop’s Nutritionist
(lecture & food sampling)
January 16, Midlothian, A115, 12:15-1:15 p.m., January 18, Chester, B132, 12:00 -1:00 p.m.

Bowling Night for Team Tyler
Team Leaders:  Kathy Comer & Dianne Bosher
January 18, 6-9 p.m.,
King Pin Lanes, Midlothian

Intro to Resistance Training
Leader: Steve Fritton
January 30, Chester, N104, 12:00 -12:50 p.m.,
February 5, Chester, N104, 5:30-6:20 p.m.,
February 20, Chester, N104, 12:00 -12:50 p.m.

Love Your Heart - Ukrop’s Nutritionist
(lecture & food sampling)
February 6, Midlothian, A115, 1:00 -2:00 p.m.,
February 13, Chester, B132, 12:00 -1:00 p.m.

Hike on the Wild Side of the James River
Guide: Ralph White
March 3, Richmond, 8:00 a.m. – 1:00 p.m.

Pills Gone Wild!
Leader: Linda Mueller (lecture)
March 6, Midlothian, A115, 12:15-1:15 p.m.,
March 8, Chester, B132, 12:00 -1:00 p.m.

Cooking Light
Leader: Chef Gravely (demo and lecture)
March 7, Chester, M136, 6:00 - 8:00 p.m.

Food and Mood - Ukrop’s Nutritionist
(lecture & food sampling)
March 20, Midlothian, A115, 12:15-1:15 p.m.,
March 22, Chester, B132, 12:00 -1:00 p.m.

Music and Wellness
Leader: Leigh Baxter (lecture)
March 27, Midlothian, A101, 12:00 -12:50 p.m.,
March 28, Chester, M136, 12:00 -12:50 p.m.

Emotions, Attitudes, Spirituality and More
Leader: Deborah Ulmer (lecture)
April 11, Midlothian, 115, 12:00 -1:00 p.m.,
April 12, Chester, B132, 12:00 -1:00 p.m.

Biking at Pocahontas State Park
Leader: Chris Pfautz
April 14, 8:00 a.m. – 12:00 p.m.,
June 1, 3:00 p.m. – 7:00 p.m.

Maintain, Don’t Gain
Leader: Deborah Ulmer (lecture)
April 16, Midlothian, A101, 12-12:50 p.m.,
April 23, Chester, M134, 12:00 -12:50 p.m.

Faculty/Staff Awards & Picnic
May 4, afternoon
Fort Pocahontas & Sherwood Forest

Beginning & Intermediate Tennis
Leader: Steve Fritton
May 14, 21, June 4, 11, 18, 25
Chester, 6:00 - 7:30 p.m.

Hike Old Rag Mountain
Leaders:  John Koch & Joanne Horton
May 20
North of Charlottesville, all day activity

For course descriptions, sign-up sheets, and waiver form, go to P:\CollegeRelations\Wellness or call Lisa Kendrick at 594-1527.
Classes and activities are free to employees. Age-appropriate family members or friends may participate for a small fee if there is space available.