



Fall 2014 Fitness Programming at Taylor Gym

Taylor Gym is pleased to offer a wide variety of on-campus fitness programming to help you get active, stay healthy, and utilize your BE WELL benefits. As a Faculty/Staff member you may qualify for the BE WELL benefit if you have registered for the Health Scan Plus program and have taken the on line Health Assessment as a participating member in the Lehigh University BE WELL program. You can qualify to receive 50% reimbursement for our programs, up to a maximum of \$100 per semester.

Group Fitness Classes \$120 - Unlimited classes include Tabata, Spin, Strength, Yoga, Zumba, Cardio Kickboxing, Callanetics, and our NEW Fitness on Demand Virtual Fitness Classes, and they are open to all for one low price!
Program Runs September 8-December 5, 2014

NEW! Circuit Training Program \$75 – 7 week program to include 40 minute circuits in our newly renovated 5th floor fitness room, incorporating battling ropes, med balls, sand bags, plyo boxes, kettle bells and more!
Maximize the time you put into your workout by achieving the maximum results in the shortest amount of time through this High Intensity Interval Training! Program Runs September 15-October 30, 2014

Personal Training - Our Certified Personal Trainers can help you set your individual fitness goals and will tailor work out regimens to specifically meet your needs and goals. You may choose to work out one on one with a personal trainer or participate in small group sessions. Prices vary based on packages

Questions? Please visit our website at

http://lehighsports.com/sports/2013/6/3/GEN_0603130312.aspx?path=campusathletics or contact Genna Albano, Group Fitness Coordinator at gma314@lehigh.edu