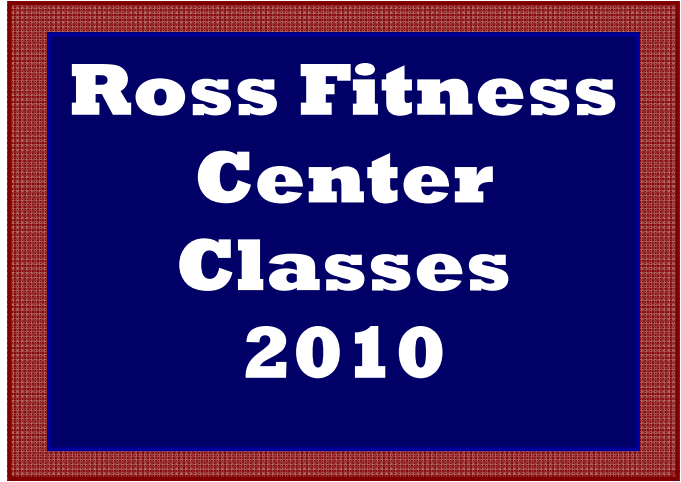




Contact Information

studentservices@mmc.edu

Ross Fitness Center: (615) 963-3168
(Staffed M-F from 12-8:30 p.m.)
Student Life: (615) 327-6792



Ross Fitness Center Hours:

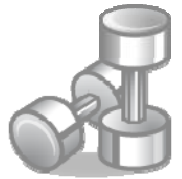
Monday - Friday: 6 a.m. - 8 p.m.
 Saturday: 10 a.m. - 6 p.m.
 Sunday: 2 p.m. - 6 p.m.

Employee Access available for **\$9.99 per pay period** through payroll deduction!
 Contact Human Resources for more information about payroll deductions @ 327-6336.

Use of the Ross Fitness Center is limited to Meharry Medical College students and eligible* faculty & staff.
 *Eligible faculty and staff are those who sign up for access through HR with payroll deductions.

All classes take place in the Ross Fitness Center Aerobics Room.

	Mon	Tues	Wed	Thurs	Fri
5 p.m.	Zumba	Belly Dance		Zumba	
6 p.m.	Capoeira			Capoeira	
7 p.m.					



About the Classes Offered (August - April)

Zumba®: Mondays & Thursdays from 5 - 6 p.m.

Zumba® fuses hypnotic Latin rhythms and easy-to-follow moves. The routine features interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

Capoeira: Mondays & Thursdays from 6 - 7 p.m.

Capoeira is an Afro-Brazilian art form that combines elements of martial arts, games, music, and dance. It was created in Brazil by slaves brought from Africa, especially from present day Angola some time after the 16th century.

Belly Dance: Tuesdays from 5 - 6 p.m.

Belly Dance is a Western term for a traditional Arab dance genre known as raqs sharqi (literally “oriental dance”) or sometimes raqs baladi (literally “dance of country”, and so “folk” dance). The graceful hip drops, rolls, and pivots of this dance form utilize muscle groups in the abdomen, pelvis, trunk, spine, and neck, working with the body instead of against it.