Wellness Wednesdays

January 13th: Set SMART Goals!

Need help sticking to your New Year’s Resolution? Be specific in your goals and make sure you start small. Don't overwhelm yourself with too much if you're trying to change habits. Try these secrets to make your resolutions stick and use our SMART goal setting worksheet to help get you started.

January 6th: Gym Discounts

Did you know as of January 1st, you can get discounted membership rates at UVAC, CCBA, and a waived sign-up fee at RVC? These are in addition to the discounts already available at Alumni Gym/Zimmerman Fitness Center and on FLIP classes. These discounts come at a perfect time to start the New Year in a healthy way. For more information, click here.