



Welcome New Employees!

Our onsite Fitness Center includes men's and women's shower facilities and locker rooms, an exercise room for stretching and classes, walking/jogging trails and a variety of indoor exercise equipment such as treadmills, stair climbers, strength training machines and free weights.

Membership fees are as follows:

Federal Employee: \$200/year with 1 year commitment (check only) OR
 \$18/month (must be electronic funds transfer (EFT))

Contractor: \$220/year with 1 year commitment (check only), OR
 \$20/month (must be electronic funds transfer (EFT))

For more information contact Mike Ochranek or Candace Collins on 286-8404, by email at Michael.J.Ochranek@nasa.gov or by visiting the website <http://internal/portal/site/InsideGoddard/GsfcServices/>

Exercise Classes at the Goddard Greenbelt Fitness Center

Kick boxing, Pilates, Salsa/African dance, Yoga and Muscle Sculpting - there's something for everyone!

Classes will be for one hour at 12 noon Monday through Friday. Monday, Wednesday and Friday will be cardio classes and Tuesday and Thursday will be Yoga or Pilates.

BECOME A FITNESS CENTER MEMBER AND THE CLASSES ARE INCLUDED.