

BIG NEWS BROUGHT TO YOU BY



HEY MATADORS!!! A new benefit to being an employee of Arizona Western College is use of the Fitness Center free of charge. To take advantage of this opportunity, you must first sign a [waiver](#) and provide your employee ID when checking into the Fitness Center. The Wellness at Work Committee saw the need to make this option available as we have become aware of the cost of not taking care of ourselves, both physically and mentally. This benefit is also open to students who are enrolled in courses (minimum of one credit) and they too must sign the waiver and provide their Student ID.

“Making the Fitness Center open to the AWC community will not only allow a safe space for Matadors to work out, but also a place to connect with others and work toward both physical and mental wellness. A community that works out together, stays **well** together.”

- AWC Wellness at Work

Fitness Center Hours

Monday- Thursday 5:00 am to 9:00 pm

Friday 5:00 am to 5:00 pm

Saturday 9:00 am to 5:00 pm

Sunday 2:00 pm to 8:00 pm

For questions contact Jane Peabody

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