



Transport Workers Union-MTA Health & Welfare Trust



2014-2015 WELLNESS PROGRAM

PHASE 2 BOOT CAMP/CYCLING-100 POINTS

OCTOBER 2014 THROUGH DECEMBER 2014



BOOT CAMP/CYCLING HOURS:

9:00 A.M. - 10:00 A.M.

&

4:00 P.M. - 5:00 P.M.

(SATURDAYS)

Memorial Park
6501 Memorial Drive
Houston, Texas 77007

THESE STEPS **MUST** BE COMPLETED IN ORDER TO
COLLECT YOUR 100 POINTS

1. Bio-Metric Screening
2. Health Assessment
3. Wellness Exam
4. Lifestyle Management (on-line)
5. BOOT CAMP/CYCLING- (**MUST** complete all Saturdays)

NO EXCEPTIONS!!!!