



**SOUTH TEXAS
COLLEGE**

KINESIOLOGY DEPARTMENT HEALTH & WELLNESS CENTER

2515 Pecan Plaza
McAllen, Texas 78501
(956)872-3838

SUMMER 2015 – PECAN PLAZA HOURS OF OPERATION

Summer I

June 1ST – July 1ST

MONDAY – THURSDAY

8 a.m. – 12 p.m. & 3 p.m. – 6 p.m.

FRIDAY

8 A.M. – 12 P.M.

The facility will be closed July 2nd – July 7th
in accordance with the Academic Calendar

Summer II

July 8th – August 7TH

MONDAY – THURSDAY

12 p.m. – 6 p.m.

FRIDAY

8 A.M. – 12 P.M.

The facility will be closed August 10th – August 21st
in accordance with the Academic Calendar.



SUMMER SLIM DOWN CIRCUIT TRAINING PROGRAM

Circuit Training is a fitness format that involves moving from one exercise to another, while each works a different muscle group until a total body workout has been achieved.

TRY A CLASS!

Summer I

Monday – Thursday 11 a.m. – 12 p.m.
Tuesday and Thursday 5 p.m. – 6 p.m.

Summer II

Monday – Thursday 12 p.m. – 1 p.m.
Tuesday and Thursday 5 p.m. – 6 p.m.

For More Information Contact:

Janice Lee Perez
Coordinator for Health & Wellness Centers
jperez1@southtexascollege.edu
(956) 872-3838



You must be a current STC student, staff or faculty member in order to access the facility.

A valid Identification card must be presented at each visit.