

FITNESS CENTER E19 8 AM - 4 PM MON.- FRI. Staff - 10-4

ALL CLASSES IN THE HUB AUDITORIUM

MON: _____ TUES: _____ WED: _____ THUR: _____ FRI: _____

8 AM				
Total Body Advanced w/ Mo 45 min. 8:45 Core on the Floor	Mat Yoga w/ Mo 45min. (Power Yoga)	Total Body Advanced w/ Mo 45 min. 8:45 Core on the Floor	Mat Yoga w/Carol N. 45 min. (Restorative Yoga)	Total Body Advanced w/ Mo 45 min. 8:45 Core on the Floor
9:00 AM				
	Chair Yoga w/Carol H. 45 min.			
9:30 AM				
Strength & Balance w/Carol N. 40 min.		Strength & Balance w/Carol N. 40 min.		Total Body w/ Mo 40 min.
10:00 AM				
	Tai Chi w/Michael 45 min.		Chair Yoga w/Carol H. 60 min	
10:20 AM				
Total Body w/ Mo 40 min.		Cardio Circuit w/Carol N. 40 min.		Total Body w/ Mo 40 min.
11:00 AM				
Strength and Balance w/Mo 40 min.		Chair Yoga w/Carol N 45 min.		Strength and Balance w/Mo 40 min.

1 PM Chair Tap w/ Lue

TOTAL BODY- Variety is the spice of this class! Segments include cardio, strength, flexibility, balance and core training. All classes are appropriate for all fitness levels unless indicated.

CARDIO CIRCUIT - Keep active and stay young at heart. This class is safe, heart-healthy and gentle on the joints focusing on your cardio-vascular health. The workout includes low-impact movement working the major muscles along with balance, abdominal conditioning and stretching designed to energize your lifestyle. Although standing is a big part of this class, seated participants are encouraged and welcomed.

Questions or Comments call the Fitness Center at 5209