

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.	Mat Yoga w/ Mo 45min.	Total Body Advanced w/ Mo 45 min.	Mat Yoga w/Carol N. 45 min.	Total Body Advanced w/ Mo 45 min.
8:45 Core on the Floor	(Power Yoga)	8:45 Core on the Floor	(Restorative Yoga)	8:45 Core on the Floor

9:00 AM

	Chair Yoga w/Carol H. 45 min.			
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9:30 AM

Strength & Balance w/Carol N. 40 min.		Strength & Balance w/Carol N. 40 min.		Strength and Balance w/ Mo 40 min.
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10:00 AM

	Tai Chi w/Michael 45 min.		Chair Yoga w/Carol H. 60 min	
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10:20 AM

Total Body w/ Mo 40 min.		Cardio Circuit w/Carol N. 40 min.		Total Body w/ Sue 40 min.
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11:00 AM

FIT AND FLEXIBLE w/Mo 40 min.		Chair Yoga w/Carol N 45 min.		FIT AND FLEXIBLE w/Mo 40 min.
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1 PM Chair Tap w/ Lue

1PM STRENGTH/BALANCE
1:30 LINE DANCING

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 welcome.

FIT AND FLEXIBLE – Gentle, mostly seated class focusing on building muscle strength and stability. Perfect for beginners