

**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

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

### 9:00 AM

	<b>Chair Yoga</b> w/Carol H. 45 min.			
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### 9:30 AM

<b>Strength &amp; Balance</b> w/Carol N. 40 min.		<b>Strength &amp; Balance</b> w/Carol N. 40 min.		<b>Strength and Balance</b> w/ Mo 40 min.
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### 10:00 AM

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

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

<b>FIT AND FLEXIBLE</b> w/Mo 40 min.		<b>Chair Yoga</b> w/Carol N 45 min.		<b>FIT AND FLEXIBLE</b> 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