

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. <i>8:45 Core on the Floor</i>	Mat Yoga w/ Mo 45min. (Power Yoga)	Total Body (Advanced) w/ Mo 45 min. <i>8:45 Core on the Floor</i>	Mat Yoga w/Carol N. 45 min. (Vinyasa Flow)	Total Body (Advanced) w/ Mo 45 min. <i>8:45 Core on the Floor</i>
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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/ Carol N. 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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1:00 - STRETCH
1:30 - LINE DANCING

TOTAL BODY- Variety is the spice of this class! Segments include cardio, strength, flexibility, balance and core training.

CARDIO CIRCUIT - This class is 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, seated class focusing on building muscle strength and stability. Perfect for beginners.

1:00 STRETCH – 30 minutes of seated stretching and flexibility

Core on the Floor - 15 minutes of ABS/core strength