

**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. <i>8:45 Core on the Floor</i>	<b>Mat Yoga</b> w/ Mo 45min. (Power Yoga)	<b>Total Body (Advanced)</b> w/ Mo 45 min. <i>8:45 Core on the Floor</i>	<b>Mat Yoga</b> w/Carol N. 45 min. (Vinyasa Flow)	<b>Total Body (Advanced)</b> w/ Mo 45 min. <i>8:45 Core on the Floor</i>
9:00 AM				
	<b>Chair Yoga</b> w/Carol H. 45 min.			
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/ Carol N. 40 min.
10:00 AM				
	<b>Tai Chi</b> w/Michael 45 min.		<b>Chair Yoga</b> w/Carol H. 60 min	
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.
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.

**1:30 - LINE DANCING**  
w/Mo 40 min.

**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.

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