

**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>8:45 Core on the Floor</b>	<b>Mat Yoga</b> w/ Mo 45min. (Power Yoga)	<b>Total Body (Advanced)</b> w/ Mo 45 min. <b>8:45 Core on the Floor</b>	<b>Mat Yoga</b> w/Carol N. 45 min. (Vinyasa Flow)	<b>Total Body (Advanced)</b> w/ Mo 45 min. <b>8:45 Core on the Floor</b>
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### 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/ Carol N. 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> <b>W/SUE starts 11/28</b> 45 min	<b>Chair Yoga</b> w/Carol N 45 min.		<b>FIT AND FLEXIBLE</b> w/Mo 40 min.
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**1:30 LINE DANCING**  
w/Mo 40 min.

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

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

**CARDIO CIRCUIT** - This workout includes low-impact movement working the major muscles along with balance, abdominal conditioning and stretching. 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.

**LINE DANCING** – Come DANCE!