

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. (Power Yoga)	Total Body (Advanced) w/ Mo 45 min.	Mat Yoga w/Carol N. 45 min. (Vinyasa Flow)	Total Body (Advanced) w/ Mo 45 min.
8:45 Core on the Floor		8:45 Core on the Floor		8:45 Core on the Floor
9:00 AM				
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.
10:00 AM				
	Tai Chi w/Michael 45 min.		Chair Yoga w/Carol H. 60 min	
10:20 AM				
Total Body w/ Sue 40 min.		Cardio Circuit w/Carol N. 40 min.		Total Body w/ Sue 40 min.
11:00 AM				
FIT AND FLEXIBLE w/Mo 40 min.	CHAIR YOGA w/Sue 45 min.	Chair Yoga w/Carol N 45 min.		FIT AND FLEXIBLE 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. The workout includes standing, low-impact movement working the major muscles along with balance, abdominal conditioning and stretching. 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

LINE DANCING – Come dance with us!! It's good for you; body and soul!