

FITNESS CENTER E19 8 AM - 4 PM MON.- FRI. Staff - 9:30- 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 PLANK		8:45 PLANK		8:45 PLANK
9:00 AM				
9:30 AM				
Strength & Balance w/Carol N. 45 min.		Strength & Balance w/Carol N. 45 min.		Strength & Balance w/ Carol N. 45 min.
10:00 AM				
	Tai Chi w/Michael 45 min.		Chair Yoga w/JoAnne 45 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				
MASSAGE AND STRETCH w/Sue 40 min.	CHAIR YOGA w/Sue 45 min.	Chair Yoga w/Carol N 45 min.		MASSAGE AND STRETCH w/Sue 40 min.
				1:30 LINE DANCING

MASSAGE AND STRETCH- New Class for flexibility and relaxation!

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

LINE DANCING – Come dance with us!! It's good for you; body and soul! (40 minutes)

Cardio Circuit – Intervals to improve stamina, muscle strength and flexibility

Strength and Balance – Increase stability & confidence, improve posture, strengthen abdominals