

## Group Exercise Fall Semester 2011

	<b>Mon.</b>	<b>Tues.</b>	<b>Wed.</b>	<b>Thurs.</b>	<b>Fri.</b>	<b>Sat.</b>
<b>7:30am</b>	Fitness Yoga <b>Ross</b>	Pilates <b>Heather</b>	Fitness Yoga <b>Ross</b>	Pilates <b>Heather</b>	Restorative Yoga <b>Carlyn</b>	8:00am Yoga <b>Rebecca</b> Tracey 75min
<b>8:30am</b>	Combo Cardio Class <b>Randi</b>	Fitness 101 Spin• Art	Walk&Weights• <b>Randi</b>	Spin • Art	Calisthenics Plus ● <b>Peter</b>	Spin • Eric
<b>9:30am</b>	Low Impact <b>Randi</b> Walk&Weights• <b>Heather</b>	Bones'n Balance <b>Laura</b>	Tai Chi <b>Jake</b>	Just Weights <b>Rebecca</b>	Stretch & Flex <b>Lee</b>	BootCamp ● Eric Step <b>Angelia</b> PowerYoga ● # 100 min <b>RK/Lisa</b>
<b>10:30am</b>	SilverSneakers MSROM@ <b>Heather</b>	Flex &Stretch <b>Laura</b>	Body Sculpt <b>Randi</b>	SilverSneakers CardioCircuit@ <b>Randi</b>	SilverSneakers CardioFit @ <b>Lee</b>	TBC <b>Angelia</b>
<b>11:30am</b>	Zumba@ <b>Melinda</b> Power Yoga # ● <b>Lisa</b> Spin/Pilates • Art	SilverSneakers CardioCircuit@ <b>Randi</b>	Zumba@ <b>Melinda</b> Power Yoga # ● <b>Lisa</b> Spin/Pilates • Art	Easy Tai Chi *11:45am <b>Jake</b>	Tai Chi <b>Jake</b>	
<b>12:00pm</b>		Spin/Pilates • <b>Art</b>		Spin/Pilates • <b>Art</b>		
<b>12:30pm</b>	Zumba@ Toning <b>Melinda</b> Gentle Yoga # <b>Lisa</b>	SilverSneakers YogaStretch@ <b>501</b> <b>Rebecca</b>	SilverSneakersMS ROM@ <b>Lee</b> Gentle Yoga # <b>Lisa</b>			
<b>2:00pm</b>	Just Weights <b>Lee</b>		Just Weights <b>Lee</b>			
<b>3:00pm</b>	Pilates <b>Lee</b>		Pilates <b>Lee</b>			
<b>4:00pm</b>		Tai Chi <b>Jake</b>		Tai Chi <b>Jake</b>		
<b>5:00pm</b>		Muscle Focus <b>Shirl</b> Spin <b>Eric</b>		Muscle Focus <b>Shirl</b>	25,25,25 <b>Vanessa</b> 75min.	
<b>5:30pm</b>	Latin Cardio <b>Vanessa</b> Spin• <b>Michele</b>		Step/ <b>Angelia</b> Spin• <b>Michele</b>	Walk/Run/Core• <b>Vanessa</b>		
<b>6:00pm</b>		Yoga Strength <b>Ross</b> BootCamp ● <b>Eric</b>		Fitness Yoga <b>Ross</b>		
<b>6:30pm</b>	TBC <b>Vannesa</b>		TBC <b>Louise</b>			

\*Schedule subject to change.

● Notes harder class

# Room 502

• Class is upstairs

closed 9/5, 11/11,11/24