



Exercise Class Schedule

Summer, Part 1:

5/26 – 7/10

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:50 – 7:50 AM				Early Bird Spin w/ Kathy	
9-10 AM		Senior Fitness w/ Danielle in Fitness Ctr.		Senior Fitness w/ Danielle in Fitness Ctr.	
12 -12:50 PM	High Intensity Interval Strength w/ Cardio w/ Sheila in gym	Yoga w/ Becky in gym <i>Class links movement with breath & focuses on core...challenge options & relaxation ending</i>	Functional strength w/ Janet in gym <i>Class includes preparatory muscle work, big-movement warm-up & strength circuit sets</i>	Sole Synthesis w/ Julie in gym <i>A great blend of fitness, ballet & yoga-like patterns...simple moves</i>	Kick Box, Dance & Tone w/ Sheila in gym <i>A fun blended, cardio workout!</i> <hr/> Yin Yoga w/ Laina in Mat Room <i>Restorative-style yoga...great stress reliever!</i>
12- 1 PM	Summer Strength* w/ Dave in Fitness Center		Summer Strength* w/ Dave in Fitness Center		

Schedule subject to change based on instructor availability; valid from May 26 – July 10, 2015

*Summer Strength Classes added fee & requires separate registration, Classes meet 6/1 – 7/31

Watch for Zumba on Fri's at Noon for Summer schedule, Part 2: from 7/17 – 8/28