



# Exercise Class Schedule

*Spring Semester 2018*

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:50 – 7:50 AM				Early Bird Spin w/ Kathy	
Lunchtime as noted	<p><b>Starts Jan 22</b> 12:00 – 12:30 Strength Intervals w/ Sheila in gym</p> <p>12:30 – 12:45 Hard Core/Floor work w/ Sheila in Mat Room</p>	<p>12:00 – 12:50 Yoga w/ Becky in gym <i>Class links movement with breath &amp; focuses on core...challenge options &amp; relaxation ending</i></p>	<p><b>Starts Jan 24</b> 11:30 AM – 12:15 PM Functional Strength w/ Janet in gym</p>	<p>12:00 – 12:50 PM Sole Synthesis w/ Julie in gym <i>A great blend of fitness, ballet &amp; yoga-like patterns...simple moves</i></p>	<p>12:00 – 12:50 PM Yin Yoga w/ Laina in Mat Room  <i>Restorative-style yoga – great way to calm your mind</i></p>
	<p><b>Starts Jan 22</b> 12:30 – 1:15 *Tabata Bootcamp™ w/ Julie in the gym</p>		<p>12:30 – 1:15 **Tabata Bootcamp™ w/ Julie in the gym</p>		<p>12:00 – 12:50 PM Strong by Zumba A high-intensity interval class – with a Zumba twist! w/Sheila in Gym</p>
12:00 – 1:00 PM	**Coming Soon: Group Strength Training, Specialty Classes: lunchtime and after work options				
5:00 – 6:00 PM	**Coming Soon: Group Strength Training, Specialty Classes: lunchtime and after work options				

*Give Pickleball a try!  
Tue's  
5:00 - 6:30 PM*

Schedule subject to change based on instructor availability; valid from January 15 – June 1, 2018

\*Tabata Bootcamp™ – specialty program/separate fee, 1/22 – 3/14

\*\*Coming Soon: Strength Training Group classes – specialty program