



Exercise Class Schedule

Spring Semester 2017, as of Mar 27

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:50 – 7:50 AM				Early Bird Spin w/ Kathy	
12:00 – 12:50 PM	12:00 – 12:50 High Intensity Interval Strength w/ Cardio w/ Sheila in gym	12:00 – 12:50 PM Sole Synthesis w/ Julie in gym <i>A great blend of fitness, ballet & yoga-like patterns...simple moves</i>	12:00 – 12:50 PM Functional Strength w/ Janet in gym	12:00 – 12:50 Yoga w/ Becky in gym <i>Class links movement with breath & focuses on core...challenge options & relaxation ending</i>	12:00 – 12:50 PM Yin Yoga w/ Laina in Mat Room <i>Restorative-style yoga – great way to calm your mind</i>
					New Class! 12:00 – 12:50 PM Strong by Zumba A high-intensity interval class – with a Zumba twist! w/Sheila in Gym
12:00 – 1:00 PM		*Intro to Strength w/ Nick in FC		*Intro to Strength w/ Nick in FC	
5:00 – 6:00 PM		*Intro to Strength w/ Nick in FC		*Intro to Strength w/ Nick in FC	

*Give Pickleball a try!
Tue's in the gym
5:00 - 6:45 PM*

Schedule subject to change based on instructor availability; valid from March 27 – June 2, 2017

*Intro to Strength Training Group classes – specialty program, separate fee & registration, [Watch for summer session date](#)

**Tabata Bootcamp™ – specialty program, [Watch for next session details](#)