



# Exercise Class Schedule

*Fall Semester 2017*

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 Yoga w/ Becky in gym  <i>Class links movement with breath &amp; focuses on core...challenge options &amp; relaxation ending</i>	12:00 – 12:50 PM Functional Strength w/ Janet in gym	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>	12:00 – 12:50 PM Yin Yoga w/ Laina in Mat Room  <i>Restorative-style yoga – great way to calm your mind</i>
					12:00 – 12:50 PM <b>Strong by Zumba</b> 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	

Schedule subject to change based on instructor availability; valid from August 28 – December 22, 2017

\*Intro to Strength Training Group classes – specialty program, separate fee & registration, **Watch for fall semester session dates**  
Tabata Bootcamp™ – specialty program, **Watch for fall semester dates**

*Give Pickleball a try!  
Tue's - Starts 9/6  
5:00 - 6:30 PM*