



Exercise Class Schedule

Beginning 1/22/18 – Spring Semester

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:50 – 7:50 AM				Early Bird Spin w/ Kathy	
Lunch time	12:00 – 12:30 Cardio Express w/ Sheila in gym 12:30 – 12:45 Hard Core/Floor work w/ Sheila in Mat Room	12:00 – 12:50 Yoga w/ Becky in gym <i>Class links movement with breath & focuses on core...challenge options & relaxation ending</i>	11:30 AM – 12:15 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 & yoga patterns...simple moves, core & balance work</i>	12:00 – 12:50 PM Yin Yoga w/ Laina in Mat Room <i>Restorative-style yoga – great way to calm your mind</i>
12:30 – 1:15 PM	12:30 – 1:15 **Tabata Bootcamp™ w/ Julie in the gym Jan 22 start		12:30 – 1:15 **Tabata Bootcamp™ w/ Julie in the gym Jan 24 start		12:00 – 12:50 PM HIIT High-intensity Strength interval class w/Sheila in Gym
12:30 – 1:30 PM	*Intro to Strength w/ Becca in FC Feb 5 start		*Intro to Strength w/ Becca in FC Feb 5 start		
5:00 – 6:00 PM	*Intro to Strength w/ Becca in FC Feb 5 start		*Intro to Strength w/ Becca in FC Feb 5 start		

Give Pickleball a try!
Tue's in the gym
5:00 - 6:30 PM

Schedule subject to change based on instructor availability; valid from Jan 22 – June 1, 2018
 *Intro to Strength Group classes – specialty program, separate fee & registration, 2/5 – 4/25
 **Tabata Bootcamp™ – specialty program, separate fee & registration, 1/22 – 3/16