

WELLNESS PROGRAM CLASS SCHEDULE

Summer I 2020 (5 week session)

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BODYCOMBAT (Studio) *Fee: M FREE, NM \$60 **Fee: M FREE, NM \$90 ***Fee: M FREE, NM \$30 (1 day/wk)	5:05-5:55 a.m.** Tricia 4:30-5:25 p.m.* Sara	8:20-9:15 a.m.* Sara	5:05-5:55 a.m.** Tricia 4:30-5:25 p.m.* Sara	8:20-9:15 a.m.* Sara	5:05-5:55 a.m.** Tricia	10:40-11:35 a.m.*** Matt/Leah
BODYFLOW-Yoga/Pilates (Room 305) Fee: M FREE, NM \$60		6:05-7:00 a.m. Char 9:30-10:25 a.m. Romi		6:05-7:00 a.m. Char 9:30-10:25 a.m. Romi		
BODYPUMP (Studio) *Fee: M FREE, NM \$60 **Fee: M FREE, NM \$90 ***Fee: M FREE, NM \$30 (1 day/wk)	8:30-9:30 a.m.** Tonya 6:45-7:45 p.m.* Traci	5:05-6:05 a.m.* Romi 9:30-10:30 a.m. Leah 5:30-6:30 p.m.* Brook	8:30-9:30 a.m.** Tonya 6:45-7:45 p.m.* Traci	5:05-6:05 a.m.* Romi 9:30-10:30 a.m.* Leah 5:30-6:30 p.m.* Brook	8:30-9:30 a.m.** Tonya	9:30-10:30 a.m.*** Leah
Cardio Drumming (306) Fee: M FREE, NM \$14						9:00-9:30 a.m. Various
Cardio & Tone (Studio) *Fee: M FREE, NM \$60 **Fee: M FREE, NM \$90	9:40-10:40 a.m.** Sandy 5:35-6:35 p.m.* Sandy		9:40-10:40 a.m.** Sandy 5:35-6:35 p.m.* Sandy		9:40-10:40 a.m.** Sandy	
Cycling (Bike Room) Fee: M FREE, NM \$45 *Fee: M FREE, NM \$23 (1 day/wk)	12:10-12:40 p.m. Terri		12:10-12:40 p.m. Terri		12:10-12:40 p.m. Terri	9:30-10:15 a.m.* Tim
H.I.I.T. (Studio) Fee M FREE, NM \$30		4:45-5:15 p.m. Matt		4:45-5:15 p.m. Matt		
Ind-Rowing Circuit Fee M FREE, NM \$30		12:00-12:30 p.m. Aaron		12:00-12:30 p.m. Aaron		
Kettle Bell (Room 305) Fee M FREE, NM \$45	6:00-6:30 a.m. Tricia		6:00-6:30 a.m. Tricia		6:00-6:30 a.m. Tricia	
Silver Sneakers (Room 306) *Fee: M FREE, NM \$38 **Fee: M FREE, NM \$25	10:45-11:30 a.m.* (Classic) Sandy/ Emily 1:00-1:45 p.m.* (Chair Yoga) Linda	8:30-9:15 a.m.** (Cardio) Sandy 10:30-11:15 a.m.** (Cardio) Linda 1:00-1:45 p.m.** (Classic) Linda	10:45-11:30 a.m.* (Classic) Sandy/ Emily 1:00-1:45 p.m.* (Chair Yoga) Linda	8:30-9:15 a.m.** (Cardio) Sandy 10:30-11:15 a.m.** (Cardio) Linda 1:00-1:45 p.m.** (Classic) Linda	8:45-9:30 a.m.** (Cardio) Sandy 10:45-11:30 a.m.* (Classic) Sandy/ Emily	
Yoga (Room 305) Fee: M FREE, NM \$25			7:00-8:00 p.m. Alicia			
Zumba (Studio) Fee: M FREE, NM \$60		6:45-7:45 p.m. Shanica		6:45-7:45 p.m. Shanica		



**BE HEALTHY
BE STRONG
BELONG**

We have a group exercise class to meet every level, every schedule, and every goal. Try a class today. FREE for Members!

- Many classes offer modifications to accommodate a wide range of exercise levels.
- New participants please try to arrive 10-15 minutes early for the first class to meet the instructor and get class specific instructions.