


Fitness Center Program Schedule

SESSION I : Monday, May 5-Sunday, June 22, 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:15 a X-Biking	5:30-6:15a X-Biking	5:45-6:30a X-Biking	5:30-6:15a X-Biking	5:45-6:30a X-biking	8:00-9:00a Step Aerobics	
9:15-10:00a X-Biking	9:15-10:00a Total Body Workout	6:30-7:15a Total Body Workout	9:15-10:00a X-Biking	6:30-7:15a Core Conditioning	9:00-10:00a 20-20-20	
		10:00-11:30a Continuing Yoga \$		9:15-10:00a X-Biking	9:15-10:00a X-Biking	10:00-11:00a Beginner Yoga \$
11:00-12:00p Tai Chi \$	12:00-1:00p Beginner Yoga \$	12:15-12:45p Mini Strength Stretch Abs		P.T. (4-7p)	P.T. (10-2p)	P.T. (11-2p)
P.T. (4-5:30p)	4:00-5:00p Teen Yoga \$	5:30-6:00p Beginner X-Biking	4:00-5:00p Youth Yoga \$	Workshops: Medicine and Stability Ball 101-June 23, June 27, July 14, August 4 — 6:30-7:30p Workout "To Go"- April 28 — 6:30-7:30p Plyometrics- May 12 — 6:30-7:30p **Pre-Register NOW for all workshops and paid classes at Member Services Desk		
5:30-6:30p Hip Hop for Adults \$	4:00-5:00p Teen Strength Training \$	6:00-7:00p Beginner Yoga \$	4:00-5:00p Teen Strength Training \$			
6:45-7:45p Mat Pilates \$	5:30-6:30p Step Aerobics	6:30-7:15p X-Biking	5:30-6:30p Step Aerobics	Please provide your own mat for all group fitness classes. Please wear clean, dry shoes in the studio. Equipment Orientation: Learn proper form and technique for using the cardio and strength equipment. Great for beginners or for those just need- ing a refresher. Visit the Fitness Center to make your FREE appointment.		
	6:45-7:45p Total Body Workout	7:00-8:00p Tai Chi \$	6:45-7:45p Total Body Workout			
	P.T. (8-10p)		8:00-9:00p Tai Chi/Qigong \$			