



Group Fitness and Wellness Class Schedule

Spring-08

	M	T	W	T	F	S	S	Course Descriptions
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:30am	6:30-7:30 PE 343-15 Tim Hess 036838 MW	6:30-7:30 PE343-18 Kurotori 036841 TTH	6:30-7:30 PE 343-15 Tim Hess 036838 MW	6:30-7:30 PE343-18 Kurotori 036841 TTH				Express Cardio HLTH210E - 02C Thirty minutes is all it takes to get a killer workout! This all-cardio circuit will have your muscles pumping and heart thumping! It's the perfect lunch break.
7:00am								
7:30am								Circuit Training PE 342 Explore the different types of circuits designed to improve strength, endurance and overall fitness.
8:00am	8:00 - 9:00 PE343-20 Kurotori 036843 MW	8:00 - 9:00 PE 343-16 Kurotori 036839 TTH	8:00 - 9:00 PE343-20 Kurotori 036843 MW	8:00 - 9:00 PE 343-16 Kurotori 036839 TTH		8:00-10:00 PE343-21 Coe 036855 S		Fitness Camp PE 250 This weight-management program gives you the tools you need to make healthy choices and achieve optimal health. Holistically manage stress, improve eating habits, and explore various forms of exercise to help you meet your fitness and wellness goals.
8:30am								
9:00am					9:00 - 9:30 LECTURE 9:45 - 11:45 LABORATORY Fitness Camp Kurotori 036856 F			
9:30am								
10:00am	9:45-10:45 PE 343-17 Kurotori 036840 MW	9:45-11:45 HLTH210D Tai Chi Yang Style May Chen 036858 TTH	9:45-10:45 PE 343-17 Kurotori 036840 MW	9:45-11:45 HLTH210D Tai Chi Yang Style May Chen 036858 TTH				Guts and Butts PE 346 This conditioning program emphasizes muscular strength, toning and endurance for the abs, glutes and low back.
10:30am								Pilates PE 377 Increase strength, flexibility, stamina and concentration through the use of Pilates mat exercises. Discover improved core stability as you build strength from the inside out.
11:00am	10:45-11:45 PE 342-3 Kurotori 036853 MW		10:45-11:45 PE 342-3 Kurotori 036853 MW					
11:30am								
12:00pm	11:45 - 12:45 PE 344-01 Kurotori	11:45 - 12:45 PE 344-02 Coe	11:45 - 12:45 PE 344-01 Kurotori	11:45 - 12:45 PE 344-02 Coe				Strength and Cardio Training PE 343 Learn sound training principles to improve muscular and cardiovascular systems. Personalize your training program to help you meet your goals.
12:30pm								
1:00pm	12:45-1:45 PE377-03 Anderson 036846 MW	1:15-2:15 PE 376-05 Lopez 036844 TTH	12:45-1:45 PE377-03 Anderson 036846 MW	1:15-2:15 PE 376-05 Lopez 036844 TTH				Tai Chi HLTH210D Explore the Yang style of tai chi which emphasizes the principles of tai chi - effortless movement, relaxation, and awareness of the mind and body as one. This class is perfect for all ages and fitness levels.
1:30pm								
xxxxxxx								Total Fitness PE 344 This class allows you the flexibility to drop in during your lunch hour for a work out. 2 hours per week is all you need. You choose the two days that work best for you.
4:00pm								
4:30pm	4:15 - 5:15 PE 376-06 Lopez 036845 MW	4:45-5:45 PE343-19 Kane-Nolan 036842 TTH	4:15 - 5:15 PE 376-06 Lopez 036845 MW	4:45-5:45 PE343-19 Kane-Nolan 036842 TTH				Yoga PE 376 Explore the philosophies and positions (asanas) related to the fundamentals of Yoga. Discover meditation, stress reduction and mental focus as you connect your breath with movement.
5:00pm								
5:30pm	5:30 - 6:30 PE 346-04 Kurotori 036836 MW		5:30 - 6:30 PE 346-04 Kurotori 036836 MW					
6:00pm		6:00-7:00 PE342-04 Kane-Nolan 036854 TTH		6:00-7:00 PE342-04 Kane-Nolan 036854 TTH				
6:30pm								
7:00pm								
7:30pm								

KEY

Circuit	PE 342
Strength/Car	PE 343
Butts/Guts	PE 346
Yoga	PE 376
Pilates	PE 377
Fit Camp	PE 250
Total Fitness	PE 344
Tai Chi	HLTH210D



Wellness Center Hours for Make Up Classes

Spring-08

	M	T	W	T	F	S
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30am	6:30-7:30 Strength & Cardio Tim Hess	6:30-7:30 Strength & Cardio Kurotori	6:30-7:30 Strength & Cardio Tim Hess	6:30-7:30 Strength & Cardio Kurotori		
7:00am						
7:30am	Closed	Open	Closed	Open		
8:00am	8:00 - 9:00 Strength & Cardio Kurotori	8:00 - 9:00 Strength & Cardio Kurotori	8:00 - 9:00 Strength & Cardio Kurotori	8:00 - 9:00 Strength & Cardio Kurotori		8:00-10:00 Strength & Cardio Coe
8:30am						
9:00am						
9:30am						
10:00am	9:45-10:45 Strength & Cardio Kurotori		9:45-10:45 Strength & Cardio Kurotori			10:00 - 11:45 Fitness Camp (Check the day prior to make sure we will be in the room)
10:30am	10:45-11:45 **Circuit Training** Kurotori		10:45-11:45 **Circuit Training** Kurotori			
11:00am						
11:30am						
12:00pm	11:45 - 1:00 Total Fitness Kurotori	11:45 - 1:00 Total Fitness Coe	11:45 - 1:00 Total Fitness Kurotori	11:45 - 1:00 Total Fitness Coe		
12:30pm						
1:00pm	** Circuit Training: You may either join the class and complete the circuit or use only machines that are not a part of the circuit. This class may move outside when the weather is good. When that happens, the center will not be open for make ups.					
1:30pm						
xxxxxxx						
4:00pm						
4:30pm						
5:00pm		4:45-5:45 Strength & Cardio Kane-Nolan		4:45-5:45 Strength & Cardio Kane-Nolan		
5:30pm						
6:00pm		6:00-7:00 **Circuit Training** see above* Kane-Nolan		6:00-7:00 **Circuit Training** see above* Kane-Nolan		
6:30pm						
7:00pm						