



Introducing Summer Health and Wellness at Newark Center for Health Sciences and Technology

Summer 2008 Class Schedule

8:15—9:30 am Monday thru Thursday		Pilates Mat PE 377A2 Anderson
9:45—11:00 Monday thru Thursday	Circuit Training PE 342A2 Coe	Indoor Cycle PE 378A2 Kurotori
11:00—12:15 Monday thru Thursday	Total Fitness PE 344A2 Kurotori	Cardio Kickboxing PE 374A2 Buteau
12:15—1:30 Monday thru Thursday	Total Fitness PE 344A2 Kurotori	
1:30—2:45 Monday thru Thursday		Fitness Yoga PE 376A2 TBA
5:00—7:50 pm Monday and Wednesday	Yoga and Meditation PE 376 C2 Lopez	
5:00—7:50 pm Tuesday and Thursday		Tai Chi and Qigong PE 375A2 Chen

www.ohlone.edu/go/wellness

For additional information, contact Robin Kurotori
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