



**Call to register:
898-1333.**

**Everybody needs exercise...
and the Wellness Center has a class for you!**

**All classes are taught by experienced and certified fitness instructors.
Unsure of which class to attend? Come to any classes free for one week.*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30-9:30am Aerobics/wts		8:30-9:30am Aerobics/wts		8:30-9:30am Aerobics/wts	9:00-9:55 Yoga-lates
9:45-10:45 Aerobics/Step	9:00-10:00am Tone to the Bone	9:45-10:45 Aerobics/Step	9:00-10:00am Tone to the Bone	9:45-10:45 Aerobics/Step	10:00-11:00am Tone to the Bone
2:00-3:00pm Body Shop		2:00-3:00pm Body Shop		2:00-3:00pm Body Shop	
3:30-4:30pm Yoga-lates	3:30-4:30pm Tone to the Bone	3:30-4:30pm Yoga-lates	3:30-4:30pm Tone to the Bone		
5:00-6:00pm Aerobics/wts	5:00-6:00pm Aerobics/wts		5:00-6:00pm Aerobics/wts		
	7:00-8:00pm Tone to the Bone		7:00-8:00pm Tone to the Bone		

Cost (classes are pro-rated)
\$55.00 3 days/week (8-week session)
\$38.00 2 days/week (8-week session)
or \$20 buys you 8 classes

2010 Fitness Schedule
January 4-February 27 March 1-April 24
April 26-June 19 June 21-August 14
August 31-October 24 October 26-December 19

PRE-REGISTRATION IS REQUIRED

For more information and to register, call the Wellness Center at 898-1333.

Class Descriptions

Aerobics – high intensity, low impact workout, guaranteed to burn lots of calories! May include a 4-8 inch step. Strength training included.

Yoga-lates (Yoga & Pilates) – gentle but challenging controlled movements that focus on improving flexibility and strength

Tone to the Bone – a great way to tone & define muscle. This is your “osteoporosis insurance” program!

Body Shop – exercise from a chair; this is a great way to increase flexibility & mobility.

Living Large – a gentle aerobic/fitness class for larger individuals (no ‘skinnies’ allowed!)

