

Fitness Center Program Schedule

Current as of 9/20/2010

A E R O B I C S	<b>MON</b>	<b>TUES</b>	<b>WED</b>	<b>THUR</b>	<b>FRI</b>
	<b>730-0830 Fitness Basics FIP</b>		<b>730-0830 Fitness Basics FIP</b>		<b>730-0830 Fitness Basics FIP</b>
	Jeremy Stevens- HAWC room		Jeremy Stevens- HAWC room		Jeremy Stevens- HAWC room
	<b>0830 Fit Mom</b>		<b>0830 Fit Mom</b>		<b>0830 Fit Mom</b>
	Video-HAWC room		Video-HAWC room		Video-HAWC room
	<b>1100 Core Class</b>		<b>1100 Core Class</b>		<b>1100 Core Class</b>
	Karl Leonard		Karl Leonard		Karl Leonard
	<b>1200 Power Hour</b>	<b>1200 Pilates</b>	<b>1200 Power Hour</b>	<b>1200 Pilates</b>	<b>1200 Power Hour</b>
	Melissa Guinan	Melissa Guinan	Melissa Guinan	Melissa Guinan	Melissa Guinan
		<b>1630 Cardio &amp; Circuit</b>		<b>1630Core/Cardio</b>	
		Lena Moreau/Aug 3rd start		Lena Moreau/Aug 5th start	
		<b>1700 Zumba</b>		<b>1700 Zumba</b>	
		Leandra Hernandez		Leandra Hernandez	
	<b>1730 Sword Martial Arts **</b>		<b>1730 Sword Martial Arts **</b>		
	Gordon Tucker		Gordon Tucker		
S P I N N I N G	<b>MON</b>	<b>TUES</b>	<b>WED</b>	<b>THUR</b>	<b>FRI</b>
		<b>1100 Spin</b>		<b>1100 Spin</b>	
		Anne Marie		Anne Marie	
	<b>1630 Spin</b>		<b>1630 Spin</b>		<b>1630 Spin</b>
	Lena Moreau		Lena Moreau		Lena Moreau
	<b>1800 Spin</b>		<b>1800 Spin</b>		
	Laura Swanson		Laura Swanson		
<b>SATURDAY CLASSES</b>					
	<b>SAT</b>				
	<b>2030 Korean Sword Martial Arts</b>				
	Gordon Tucker				

Group Exercise Classes: Note- A minimum of 10 offerings per week at small bases and 15 offerings per week at medium and large bases. We take pride in offering 28.

**Fitness Center Staff Teaches 10 classes a week.**

FIP: Fitness Center Staff (FCS) FIP Training Class/or as prescribed