

# January 2010 Fitness Group Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Classes</b>	<b>Dancercize</b> 9:30a-10:30a	<b>Active Adults</b> 9:30a-10:30a	<b>Morning Circuit</b> 9:30a-10:30a	<b>Boot Camp</b> 5:15a-6:00a	<b>WOW</b> (Women On Weights) 5:15a-6:15a
				<b>Active Adults</b> 9:30a-10:30a	<b>Dancercize</b> 9:30a-10:30a
<b>Lunch Classes</b>	<b>All About Abs</b> 11:30a-12:00p	<b>Power Base "A"</b> 11:30a-12:15p	<b>On The Ball</b> 11:30a-12:15p	<b>Power Base "B"</b> 11:30a-12:15p	<b>Circuit Training</b> 11:30a-12:15p
		<b>Fitness in the Workplace</b> (Bldg 20) 11:45a-12:30p	<b>Indoor Cycling</b> 11:30a-12:15p		
<b>Evening Classes</b>	<b>Evening Circuit</b> 3:30p-4:30p	<b>Pilates</b> 4:00p-4:45p	<b>All About Abs</b> 4:00p-4:30p	<b>Evening Circuit</b> 3:30p-4:30p	<b>Chisel</b> 4:30p-5:30p
	<b>Evening Circuit</b> 4:30p-5:30p	<b>Boot Camp</b> 4:45p-5:30p	<b>Cardio Kick</b> 4:30p-5:15p	<b>Evening Circuit</b> 4:30p-5:30p	
	<b>Karate</b> 5:30p-7:00p	<b>Belly Dance</b> 6:00p-7:15p (starting 1/19/10)	<b>Karate</b> 5:30p-7:00p	<b>20 Minute Abs</b> 4:40p-5:00p	
			<b>Hatha Yoga</b> 5:30p-6:30p	<b>Ballroom Dance</b> 6:00p-7:15p (starting 1/21/10)	



**Hours of Operation:**  
**Oct 1-Apr 30**  
**Monday-Friday: 4:00a-9:00p**  
**Saturday: 6:30a-2:00p**  
**Sundays & Holidays: CLOSED**