

FITNESS SCHEDULE

Fall I / Fall II Sept. 12 – Feb. 5, 2012

MON	TUES	WED	THURS	FRI	SAT	SUN
8:00-9:00am Cycle	7:00-7:50am Y's Way to Fitness	7:00-7:45am Cycle	7:00-7:50am Y's Way to Fitness	8:00-9:00am Body Shaping	7:00-7:50am Y's Way to Fitness	8:30-9:30am Cycle
8:00-8:50am Y's Way to Fitness	8:15-9:00am Zumba	8:00-9:00am Body Shaping	9:15-10:15am Fit Workout 2	8:00-8:50am Y's Way to Fitness	7:30-8:30am Cycle	9:30-10:30am Zumba
8:00-9:00am Body Shaping	9:15-10:15am Fit Workout 2	8:00-9:00am Cycle	9:30-10:30am Cycle	8:00-9:30am Cycl'itates	8:00-9:00am Body Shaping	
9:15-10:15am Body Shaping	9:30-10:30am Cycle	8:00-8:50am Y's Way to Fitness	9:45-10:45am Zumba	9:15-10:15am Total Body Conditioning	8:30-9:30am Cycle	
9:30-10:30am Cycle	9:30-10:30am Step & Sculpt	9:15-10:15am Body Shaping	10:30-11:30am Tai Chi	9:30-10:00am Express Mind Body Cycle	8:45-10:00am Sports Conditioning	
10:15-11:05am Fit Workout 1	10:45-11:45am Stability Ball Plus	9:15-10:15am Total Body Conditioning	10:45-11:30am Stability Ball Workout	9:45-11:00am Kickbox Challenge	9:00-10:00am Total Body Conditioning	
9:45-11:00am Kickbox Challenge	12:00-1:00pm *Silver Sneakers	9:30-11:15am Race Training	11:45-12:30pm Mindful Meditation	10:30-11:20am Fit Workout 1	*SILVER SNEAKERS is a seated class designed for adults working on strength, flexibility and balance.	
11:15-12:15pm Zumba	5:15-6:15pm Body Shaping	10:15-11:05am Fit Workout 1	5:15-6:15pm Body Shaping	11:20-12:10pm Y's Way to Fitness		
11:20-12:10pm Y's Way to Fitness	6:30-8:00pm Cycl'itates	10:15-11:15am Zumba	7:00-8:00pm Zumba	11:45 - 12:45 *Silver Sneakers*		
6:15-7:15pm Body Shaping	7:00-8:00pm Boot Camp	11:20-12:10pm Y's Way to Fitness	7:00-8:00pm Cycle			
6:30-7:30pm Tai Chi		5:30-6:30pm Express Mind Body Cycle			HEC OPEN GYM SCHEDULE Tuesday 8:00-9:00am Wednesday 7:00-8:00am Thursday 8:00-9:00am	
7:15-8:15pm Body Shaping		6:15-7:15pm Zumba				
7:15-8:15pm Step & Sculpt		7:15-8:15pm Step & Sculpt				
7:30-8:30pm Cycle		7:15-8:15pm Body Shaping				
LIFE STYLE PROGRAMS						
9:00-10:30am** Iyengar Yoga	9:00-10:00am Beginner Yoga (5 weeks)	9:30-10:30am 10:30-11:30am Muscle Fitness	9:00-10:30am** Iyengar Yoga	9:00-10:30am** Iyengar Yoga	8:15-9:15am Yoga	
10:30-11:30am IMX - Pilates Matwork	10:15-11:15am Vinyasa Yoga/Pilates	6:15-7:15pm Vinyasa Yoga	10:30-11:30am IMX - Pilates Matwork		**IYENGAR YOGA Participants are asked to bring the following; Sticky mat, 2 full size foam blocks, a 9 ft yoga strap, & 3 sturdy blankets. For more information contact Tina at ext 133.	
9:30-10:30am 10:30-11:30am Muscle Fitness	11:30am-12:30pm Senior Muscle Fitness	6:30-8:00pm Power Tri Training	9:30-10:30am 10:30-11:30am Muscle Fitness 11:30am-12:30pm Senior Muscle Fitness			
7:00-8:30pm Power Tri Training	6:15-7:15pm Yoga		6:00-7:00pm Yoga			
YOUTH/TEEN PROGRAMS						
4:30-6:30pm Healthier Tomorrows		4:30-6:30pm Healthier Tomorrows	5:30-6:30pm Youth Yoga	5:30-6:15pm Teen Yoga		
5:45-6:30pm Fit Kids		5:45-6:30pm Fit Kids (9-12 years)				

Healthier Tomorrows is a youth weight management program. For more information contact Tina at ext *133.

Fitness Lifestyle Programs Fees: For 10 week session / 1x per wk

Fit Kids \$67	Yoga \$88	Muscle Fitness \$88 (1x per wk)	Power Tri \$150
Teen Muscle Fitness \$88	IMX Pilates/Blend \$75	Muscle Fitness \$170 (2x per wk)	Beginner Yoga \$35

All other programs are included in Full Facility Membership. Program Members Fee: \$10/class (other than Lifestyle).