

MEMBERS' WELLNESS CENTER 2011 Class Schedule

Wellness Center hours: 5:00 AM to 8:00 PM daily

Classes not available on Saturday or Sunday

*Changes or adjustments will be posted on the bulletin board
(ie. Trainer vacation or illness)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:15am - 8:45am	Yoga Stephanie	Yoga Stephanie		Yoga Stephanie	Yoga Daniela
8:00am - 9:30am			Yoga Karen		
9:00am - 10:00am	Circuit Training Paul		Circuit Training Terri		Circuit Training Paul
10:00am - 11:00am	Synergy® Janel		Synergy® Janel		
10:15am - 11:15am	Walking Last day of the season on May 2 Paul				
11:00am - 12 Noon	Water Aerobics M,W,F starting May 4 Paul	<i>Get out your suit, it's pool fitness time every MWF</i> ▶	Water Aerobics 1st class May 4 Paul		Water Aerobics Paul
3:30pm - 5:00pm	Restorative Yoga Stephanie		Restorative Yoga Stephanie		Restorative Yoga Stephanie
4:00pm - 4:45pm		Stretch & Strengthen® Janel		Stretch & Strengthen® Janel	
4:45pm - 5:30pm		Kinetic Symmetry® Janel		Kinetic Symmetry® Janel	