



## ***Fall 2011 Fitness Schedule*** ***September 19<sup>th</sup> – December 16<sup>th</sup>***

<b><i>CLASS TIMES</i></b>	<b><i>MONDAY</i></b>	<b><i>TUESDAY</i></b>	<b><i>WEDNESDAY</i></b>	<b><i>THURSDAY</i></b>	<b><i>FRIDAY</i></b>
<p><b><i>11:40 - 12:20 p.m.</i></b>  <i>All lunch hour classes are 40 min.</i></p>	<p style="text-align: center;"><b><i>STEP N STRENGTH</i></b>            Step cardio and muscle conditioning using weights, bands and/or body bars. May include core training/abs.</p> <p style="text-align: center;"><i>Joanne</i></p>	<p style="text-align: center;"><b><i>DEFINITION</i></b>            Strength-training with a selection of equipment, including hand-weights, body bars and/or bands. No cardio component</p> <p style="text-align: center;"><i>Candace</i></p>	<p style="text-align: center;"><b><i>ATHLETIC INTERVALS</i></b>            A combination of cardio and resistance training using a variety of equipment. Perfect for the beginner, intermediate and the advanced athlete!</p> <p style="text-align: center;"><i>Sandra</i></p>	<p style="text-align: center;"><b><i>STEP</i></b>            Pure step cardio with dynamic, powerful moves and simple choreography.</p> <p style="text-align: center;"><i>Candace</i></p>	<p style="text-align: center;"><b><i>CORE</i></b>            Combination of standing and floor core work. May include resistance and strength exercises. No cardio component.</p> <p style="text-align: center;"><i>Kathy</i></p>

***SE16 171 Activity Room – Fitness Studio***  
***\* No classes on stat holidays***