

## INSTRUCTIONAL PROGRAMS FOR FALL 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Feldenkrais Movement <i>Dr. Harker</i> (11:30 – 12:30)		
	Body Sculpting <i>Anna</i> (12:30 – 1:25)		Body Sculpting <i>Anna</i> (12:30 – 1:25)	
Yoga <i>Clare</i> (1:45 – 2:45)  Optional Relaxation (2:45 – 2:55)	Step into Shape <i>Ashlyn</i> (1:30-2:25)	Yoga <i>Clare</i> (1:45 – 2:45)  Optional Relaxation (2:45 – 2:55)	Step into Shape <i>Ashlyn</i> (1:30-2:25)	
Step <i>Tarah</i> (3:00 – 3:55)	Zumba <i>Claire</i> (2:30 – 3:25)	Step <i>Tarah</i> (3:00 – 3:55)	Zumba <i>Claire</i> (2:30 – 3:25)	Step -Plus <i>Tarah</i> (3:30 – 4:45)
CoreStrength <i>Evan</i> (4:00 – 4:55)	Cardio Kickboxing <i>Evan</i> (3:30 – 4:25)	CoreStrength <i>Evan</i> (4:00 – 4:55)	Cardio Kickboxing <i>Evan</i> (3:30 – 4:25)	Yoga <i>Clare</i> (5:00 – 5:55)
Butt Blaster <i>Loren</i> (5:00 – 5:25)	Yoga-lates <i>Katie</i> (4:30 – 5:25)	Butt Blaster <i>Loren</i> (5:00 – 5:25)	Yoga-lates <i>Katie</i> (4:30 – 5:25)	ALL CLASSES ARE FREE!  Classes are subject to change without notice
Ab Blaster <i>Loren</i> (5:30 – 5:55)	Ab Blaster <i>Catherine</i> (5:30 – 5:55)	Ab Blaster <i>Loren</i> (5:30 – 5:55)	Ab Blaster <i>Catherine</i> (5:30 – 5:55)	
Calorie Blaster <i>Chelsea</i> (6:00 – 6:55)	Pump <i>Loren</i> (6:00 – 6:55)	Calorie Blaster <i>Chelsea</i> (6:00 – 6:55)	Pump <i>Loren</i> (6:00 – 6:55)	
Tae Kwon Do <i>Jennifer</i> (7:00 – 7:55)	Yoga <i>Catherine</i> (7:00 – 7:55)	Tae Kwon Do <i>Jennifer</i> (7:00 – 7:55)	Yoga <i>Catherine</i> (7:00 – 7:55)	