WELLNESS CENTER EXERCISE CLASS SCHEDULE: FALL QUARTER 2004: October 25-December 17, 2004

CLASS KEY	
LEVEL I	LEVEL III
LEVEL II	MULTI

		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		Room 101	Room 121	Room 101	Room 121	Room 101	Room 121	Room 101	Room 121	Room 101	Room 121
MORNING CLASSES	6:00										
	6:15	Tummy Tuck #529, Diane				Tummy Tuck #529, Diane					
	6:30			Early Morning Yoga #3352, Noor				Early Morning Yoga #3352, Noor			
	6:45										
	7:00										
	7:15										
	7:30										
	7:45										
LUNCH TIME CLASSES	10:00										
	10:15										
	10:30										
	10:45										
	11:00	Total Conditioning #3345, Sue	Yoga Stretching #3346, Laurel	Muscle Toning #3353, Gina	Pilates for Beginners #3354, Laura	Total Conditioning #3345, Sue	Yoga Stretching #3346, Laurel	Muscle Toning #3353, Gina	Pilates for Beginners #3354, Laura	Fri. Total Conditioning #3365, Sue	Fri. Yoga Stretching #3363, Laurel
	11:15										
	11:30										
	11:45			Lite Total Conditioning #3355, Sue	STEP It Up! #3356, Gina			Lite Total Conditioning #3355, Sue	STEP It Up! #3356, Gina		
	12:00	On the Ball #3347, Loretta	Noon Aerobics #3348, Deniece			On the Ball #3347, Loretta	Noon Aerobics #3348, Deniece				Aerobic Mix #3364, Deniece
	12:15										
	12:30	Jujitsu #3351, Bruce		Circuit Training for Skiers #3357, Sue	STEP Express #3358, Chris			Circuit Training for Skiers #3357, Sue	STEP Express #3358, Chris		
	12:45										
	1:00									Jujitsu #3351, Bruce	
	1:15										
	1:30				Yoga Pilates Mix #3359, Chris				Yoga Pilates Mix #3359, Chris		
	1:45										
	2:00										
EVENING CLASSES	4:00										
	4:15										
	4:30	Dynamic Core #530, Laura			Happy Hour STEP #3360, Lillie	Dynamic Core #530, Laura			Happy Hour STEP #3360, Lillie		
	4:45										
	5:00										
	5:15										
	5:30	On the Ball PM #3349, Allen	60-Minute Step #3350, Kristin	Body Dynamics #3361, Kristin	Aerobic/ Conditioning Mix #3362, Phyllis	On the Ball PM #3349, Allen	60-Minute Step #3350, Kristin	Body Dynamics #3361, Teresa	Aerobic/ Conditioning Mix #3362, Phyllis		
	5:45										
	6:00										
	6:15										
	6:30										
	6:45										
	7:00										