WELLNESS CENTER EXERCISE CLASS SCHEDULE: SPRING QUARTER 2006: April 10 - May 26, 2006

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	5:30										
	5:45										
	6:00	Fab Abs #3481, Laura			Definitions #3490, Taunia	Fab Abs #3481, Laura			Definitions #3490, Taunia		
	6:15										
	6:30			Early Morning Yoga #3491, Noor				Early Morning Yoga #3491, 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 #3482, Sue	Yoga Stretching #3483, Laurel	Muscle Toning #3492, Gina	Yoga/Pilates Mix #3493, Lillie	Total Conditioning #3482, Sue	Yoga Stretching #3483, Laurel	Muscle Toning #3492, Gina	Yoga/Pilates Mix #3493, Lillie	Fri. Total Conditioning, #3501,Teresa	Fri. Yoga Stretching, #3502, Laurel
	11:15										
	11:30										
	11:45			Lite Total Conditioning #3494, Sue	STEP It Up! #3495, Gina			Lite Total Conditioning #3494, Sue	STEP It Up! #3495, Gina		
	12:00	On the Ball #3484, Linda	Noon Aerobics #3485, Deniece			On the Ball #3484, Linda	Noon Aerobics #3485, Deniece				Aerobic Mix, #3503, Deniece
	12:15										
	12:30	Quick Cardio Mix #546, Staff		Kundalini Yoga #3496, Noor	STEP Express #3497, Teresa	Quick Cardio Mix #546, Staff		Kundalini Yoga #3496, Noor	STEP Express #3497, Teresa	Jujitsu #3489, Bruce	
	12:45										
	1:00	Jujitsu #3489, Bruce				Jujitsu #3489, Bruce					
	1:15										
	1:30										
	1:45										
	2:00										
EVENING CLASSES	4:00										
	4:15										
	4:30				Gentle Yoga Stretching #3498, Laurel				Gentle Yoga Stretching #3498, Laurel		
	4:45										
	5:00										
	5:15			Body Dynamics #3499, Laura				Body Dynamics #3499, Laura			
	5:30	On the Ball PM #3486, Allen	60-Minute Step #3487, Kristin		Aerobic/ Conditioning Mix #3500, Phyllis	On the Ball PM #3486, Allen	60-Minute Step #3487, Kristin		Aerobic/ Conditioning Mix #3500, Phyllis		
	5:45										
	6:00										
	6:15										
	6:30										
	6:45										
	7:00										