WELLNESS CENTER EXERCISE CLASS SCHEDULE: SUMMER QUARTER 2004: July 12-October 1, 2004

CLASS KEY									
LEVEL I	LEVEL III	MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
LEVEL II	MULTI	Room 101	Room 121	Room 101	Room 121	Room 101	Room 121	Room 101	Room 121
MORNING CLASSES	6:00	Gyrokinesis #3320, Loretta	Karate #3321, Dan		Multi-Level Strength Training #3330, Teresa	Gyrokinesis #3320, Loretta	Karate #3321, Dan		Multi-Level Strength Training #3330, Teresa
	6:15			Early Morning Yoga #3331, Noor				Early Morning Yoga #3331, Noor	
	6:30								
	6:45								
	7:00								
	7:15								
	7:30								
	7:45								
LUNCH TIME CLASSES	9:00								
	9:30								
	9:45								
	10:00								
	10:15								
	10:30								
	10:45								
	11:00	Total Conditioning #3322, Sue	Yoga Stretching #3323, Laurel	Muscle Toning #3332, Gina	Pilates for Beginners #3333, Laura	Total Conditioning #3322, Sue	Yoga Stretching #3323, Laurel	Muscle Toning #3332, Gina	Pilates for Beginners #3333, Laura
	11:15								
	11:30			Lite Total Conditioning #3334, Sue	STEP It Up! #3335, Gina			Lite Total Conditioning #3334, Sue	STEP It Up! #3335, Gina
	11:45								
	12:00	On the Ball #3324, Gail	Noon Aerobics #3325, Deniece			On the Ball #3324, Gail	Noon Aerobics #3325, Deniece		
	12:15								
	12:30	Jujitsu #3328, Bruce		Computer Jocks Unite! #2573 Phyllis	STEP Basics, #527 Robin STEP Express #528, Chris	Jujitsu #3328, Bruce		Computer Jocks Unite! #2573 Phyllis	STEP Basics, #527 Robin STEP Express #528, Chris
	12:45								
	1:00								
	1:15				Yoga Pilates Mix #3336, Chris				Yoga Pilates Mix #3336, Chris
	1:30								
	1:45								
	2:00								
EVENING CLASSES	4:30		Power Pump #3326, Gina				Power Pump #3326, Gina		
	4:45								
	5:00								
	5:15								
	5:30	On the Ball Express #526, Allen	60-Minute Step #3327, Kristin	Body Dynamics #3338, Kristin	Aerobic/Conditioning Mix #3337, Phyllis	On the Ball Express #526, Allen	60-Minute Step #3327, Kristin	Body Dynamics #3338, Laura	Aerobic/Conditioning Mix #3337, Phyllis
	5:45								
	6:00								
	6:15								
	6:30								
	6:45								
	7:00								
	7:15								