

## 2019 Fall Fitness Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00-8:00 am							
11am-1pm	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim		
12pm-1pm			Yoga (activities room)				
12pm-1pm	Pickleball	Body Blast	Pickleball	Body Blast	Pickleball		
12pm - 1pm							
3pm-5pm						Open Swim	Open Swim
5-6pm	Yoga	Kickboxing & More	Yoga	Zumba			
6pm-7pm		Dance2Fit with Emily		Dance2Fit with Emily			
7pm-9pm	Open Swim		Open Swim		Open Swim		
7:30pm-9:30pm		Open Swim		Open Swim			

### ***Classes will start Tuesday, September 3rd***

**FREE** for all enrolled students, faculty and staff. **All fitness levels are welcome!**

**Body Blast**-activities room- total body workout in a short amount of time, using bodyweight and dumbbells.

**Kickboxing**-focuses on everything from cardio conditioning and elements of dance to self-defense

**Pickelball** -Court 2- A fun sport that combines many elements of tennis, badminton and ping-pong. All levels welcome!  
Please sign up at the Fitness Center front desk

**Yoga**-Court 1- Will help transform both your mind and body ultimately helping you find an inner calmness/peace, enhance your balance and stability, and leave you feeling stronger and more centered.

**Dance2Fit with Emily**-Court 1- Dance2Fit will help you get your desired results by its aerobic dancing mixed with fitness.

\*\*Tentative schedule\*