

# 2010 - Fitness Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 - 8:30 8:30 - 9:00		Absolutely Fabulous* Muscle Tone 101*		Absolutely Fabulous* Muscle Tone 101*	
9:00 - 10:00	Fitness Fusion	SilverSneakers® YogaStretch	Fitness Fusion	SilverSneakers® YogaStretch	Fitness Fusion
10:00 - 11:00	F.I.T.	PEPPI	F.I.T.	PEPPI	F.I.T.
11:00 - 12:00	SilverSneakers® Muscular Strength Range of Motion	Parkinson's Class	SilverSneakers® Muscular Strength Range of Motion	Parkinson's Class	SilverSneakers® Muscular Strength Range of Motion
12:00 - 1:00	Tai Chi	PEPPI	Tai Chi	PEPPI	Tai Chi
1:00 - 2:00	SilverSneakers® Cardio Circuit (1:30 - 2:30)	Hatha Yoga	SilverSneakers® Cardio Circuit (1:30 - 2:30)	Hatha Yoga	SilverSneakers® Cardio Circuit (1:30 - 2:30)
2:00 - 3:00	Components of Fitness*	Pilates	Components of Fitness*	Pilates	<p><i>*Classes taught by U of A Graduate Students</i></p> <p><b>-Components of Fitness</b> Small group personal training. Meets in Fitness classroom. \$30</p> <p><b>-Absolutely Fabulous</b> Focuses on core muscles, no floor exercises. \$5.00</p> <p><b>-Muscle Tone 101</b> Total body strength workout in 30 min. \$5.00</p>
3:00 - 4:00	Slow & Relaxing Yoga		Slow & Relaxing Yoga		
4:00 - 5:30					
5:30 - 6:30		Beginning Yoga		Beginning Yoga	