

Fall/Winter 2010 Group Exercise Schedule

	MON	TUES	WED	THUR	FRI
12:00- 1:00pm	Pilates Jennifer	Boot Camp* David	Pilates Carolyn		

Group Exercise Class Descriptions

Pilates: Based upon exercises developed by Joseph Pilates, this mat-based Pilates class is designed to improve core strength as well as flexibility. Meet in the Group Exercise Room, Building #5335, lower level/parking garage.

Boot Camp: A full body workout and cardio. For all fitness levels! Burn fat, build muscle and increase your endurance. Meet in the Group Exercise Room, Building #5335, lower level/parking garage.

*This class is offered at an additional \$40 fee/month