

Summer '07 - Session 1 (May 7th – June 29th)

LAND CLASSES

Monday:

*Mav Pump w/ Liz
4-4:45pm in HPER 230*

*Hatha Yoga w/ Kaitlin
4:45-6pm in HPER 231*

Tuesday:

****Pilates w/ Jeannie
11:30am-12:20pm in HPER 230*

*Cardio Crunch 40/20 w/ Seletha
5:45-6:45pm in HPER 110*

*Mav Pump w/ Jason
6:45-7:45pm in HPER 110*

Wednesday:

*# Belly Dance Fitness Fusion w/ Angie
11:30-12:20pm in HPER 231*

*S.W.E.A.T. w/ Liz
4-4:45pm in HPER 230 & Pool Seating*

Thursday:

****Pilates w/ Vaughnda
11:30am-12:20pm in HPER 231*

*Butts 'n' Guts 'n' Stuff w/ Jason
6:45-7:45pm in HPER 231*

Friday:

*Hatha Yoga w/ Kaitlin
4:45-6pm in HPER 231*

****Anyone wishing to take Pilates must attend one of the first 3 classes...no drop-ins will be allowed after May 24th. Come dressed to participate!*

*# Belly Dancing will not be held May 9th and June 20th.
Summer '07 – Session 1 (###June 4th – June 29th)*

WATER CLASSES

Monday:

*Intergenerational Water Ex. w/ Julie
5:15-6:15pm in HPER Pool*

Tuesday:

*Hydro Combo w/ Dave
11:45am-12:30pm in HPER Pool*

*Deep Water Ex. w/ Julie
5:15-6:15pm in HPER Pool*

Thursday:

*Intergenerational Water Ex. w/Julie
11:45am-12:30pm in HPER Pool*

Due to the annual pool closing, Water Ex. Classes do not begin until Monday June 4th