

TW Fitness Center

Classes begin Mon. Sept. 14th and are FREE from the 14th to the 18th
 Classes cost \$15 for the fall semester, \$25 for the year and can be paid to the instructor at the class

Located in the TW link hallway

Fall Semester 2009 Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Kate Total Body Fitness 11-12			
		Kate Total Body Fitness 3-4	Jaclyn Yoga and Weights Work 3-4	Laura Cardio Salsa 3-4		
	Dena Core Strength 4:30-5:30	Andy Yoga 4-5	Bess Pilates+Ballet Fusion 4-5	Colette Belly Dancing 4-5		
		Colette Belly Dancing 5-6	Kristina Cardio Kickboxing 5-6	Dena Core Strength 5-6		
	Sandra Core and Dance Cardio 6:30-7:30	Jaclyn Strength & Tone 6-7	Sandra Core and Dance Cardio 6-7	Andy Yoga 6-7		

Core Strength

Tone and build strength in your core muscle groups – abs, legs, and upper body.

Belly Dancing

A unique way to get and keep fit! Learn the basics, and then apply them to create an upbeat workout.

Core and Dance Cardio

Get fit to great music. Learn fun choreography and put steps together to get your heart rate pumping and your body in shape.

Strength and Tone

Build lean muscle and get in shape through weights, stretching, and full body toning.

Yoga

Experience a challenging workout paired with deep breathing and guided relaxation to build strength in mind and body.

Yoga and Weights Work

Combine the strengthening poses of yoga with classic weights work to tone your body.

Pilates+Ballet Fusion

Practice the graceful moves of ballet paired with the precise workouts of pilates for an intense total body tone.

Cardio Kickboxing:

Combines a sequence of boxing kicks and punches for cardio, followed by slower cardio moves that sculpt and tone.

Cardio Salsa

Getting fit doesn't have to feel like work! Come learn to Salsa as you get your heart rate up and dance yourself into shape.

Total Body Fitness

Get your heart pumping and your whole body working in this comprehensive class.

