

## TWFC Fall Schedule 2008

Time	Monday	Tuesday	Wednesday	Thursday	Friday
10:00		Core Strength			
10:30		w/ Kristina (10-11)			
11:00	Jazz			Jazz	
11:30	w/ Bess (11-12)			w/ Bess (11-12)	
12:00	Flexibility through Dance			Flexibility through Dance	
12:30	w/ Bess (12:15 - 1)			w/ Bess (12:15 - 1)	
1:00		Total Body Toning			Total Body Toning
1:30		w/Michelle (1-2)			w/Michelle (1-2)
2:00					
2:30			Total Body Toning		
3:00		Ballet	w/Michelle (2-3)		
3:30		w/Bess (3-4)			
4:00		Leaps, Kicks & Turns			
4:30		w/Bess (4:15-5)			
5:00			Core Strength	Core Strength	
5:30			w/ Kristina (5-6)	w/ Kristina (5-6)	
6:00	Full Body Blast				
6:30	w/ Alison (6-7)				
7:00		Pilates			
7:30		w/ Alison (7-8)			

FOR MORE INFO  
E-MAIL THE PEC  
OR CALL 2014.

CLASSES START  
MONDAY,  
SEPT. 8, 2008

CLASSES COST \$15.00 PER CLASS PER SEMESTER PAYABLE IN CASH OR CHECK.  
THE TRAVERS/WOLFE FITNESS CENTER IS LOCATED ACROSS FROM THE TRAVERS/WOLFE  
MAIN LOUNGE. CLASSES ARE OPEN TO ALL STUDENTS, STAFF, AND FACULTY.