

CFC/Wellness FITNESS CLASS SCHEDULE

Summer 2003 (May 18 - August 22)

Be sure to check the Program Notes at the bottom of the schedule for upcoming changes!

You must use your CU ID to check in at the HNH Issue Room and the Teagle Fitness Center to acquire a wrist band to gain entry into a fitness class. All classes are on a first come, first serve basis. Check-in begins 30 minutes prior to the start of class. Members who arrive after the size limit has been reached will not be allowed to participate in class. It is advised to arrive early.

DAY	TIME	CLASS	SIZE LIMIT	LOCATION
Sat and Sun		No classes offered		
Mon/Wed				
	6:30 - 7:30am	(Monday) Step	32	HNH DS
	6:30 - 7:30am	(Wednesday) Step Interval	32	HNH DS
	7:00 - 7:45am	Water Aerobics	28	HNH Pool
	11:00 - 12:00pm	(Monday) Pilates - Mat Work	52	Teagle MPR
	11:00 - 12:00pm	(Wednesday) Yoga Svaroopaa	52	Teagle MPR
	12:10 - 1:10pm	Tae Kwon Do (Beg/Int)	30	Barton Hall
	12:15 - 1:00pm	(Monday) Baby Boomer Yoga	52	Teagle MPR
	12:15 - 1:00pm	(Wednesday) Yoga Svaroopaa	52	Teagle MPR
	12:15 - 1:00pm	(Monday) Jazzercise	no limit	Field House
	12:15 - 1:00pm	(Wednesday) Cardio Combo	no limit	Field House
	4:20 - 5:20pm	Pilates -Mat Work	40	HNH DS
	5:30 - 6:30pm	Spinning*	17	HNH DS
	5:30 - 6:30pm	(Wednesday) Kripalu DansKinetics® *	25	HNH Classroom
Tue/Thu				
	6:30 - 7:30am	Spinning	17	HNH DS
	7:00 - 8:00am	Yoga Sivananda	52	Teagle MPR
	10:10 - 10:55am*	Ripples	28	HNH Pool
	12:10 - 1:00pm	Tai Chi	15	Teagle CR
	12:10 - 1:10pm	(Tuesday) Tae Kwon Do (Beg/Int)	30	see Notes below*
	12:10 - 1:10pm	(Thursday) Tae Kwon Do (Int/Adv)	30	see Notes below*
	12:15 - 1:00pm	(Tuesday) Step 'N' Sculpt	no limit	Field House
	12:15 - 1:00pm	(Thursday) Knockout Workout	no limit	Field House
	12:15 - 1:00pm	Yoga Basics	52	Teagle MPR
	12:20 - 1:10pm	Water Aerobics	28	HNH Pool
	4:15 - 5:30pm	Tai Chi	40	HNH Classroom
	5:30 - 6:30pm	(Tuesday) Step	32	HNH DS
	5:30 - 6:30pm	(Thursday) Knockout Workout	32	HNH DS
	5:40 - 7:10pm	(Tuesday) Yoga Kripalu	40	HNH Classroom
	5:40 - 7:10pm	(Thursday) Yoga Vigorous Flow	40	HNH Classroom
Fri				
	6:30 - 7:30am	Step	32	HNH DS
	11:00 - 12:00pm	Pilates - Mat Work	52	Teagle MPR
	12:15 - 1:00pm	Yoga Kripalu	52	Teagle MPR
	12:15 - 1:00pm	Jazzercise	no limit	Field House

Program Notes

- * NEW CLASS! Kripalu Dance Kinetics will be held on Wednesdays from 5:30-6:30pm during May 21-August 6.
- * There will be no classes offered on Saturdays or Sundays during the summer.
- * The use of water bottles and hand towels are mandatory in all Spinning classes.
- * Tae Kwon Do summer classes meet outdoors on the grassy area adjacent to the baseball diamond at the corner of Hoy and Campus Roads (weather permitting). The Tue/Thu 12:10pm class rain location is the HNH DS.
- * There will be no classes offered on May 26 in observance of Memorial Day.
- * There will be no 10:10am Ripples classes offered during the week of June 30-July 4th.
- * There will be no classes offered on July 4 in observance of Independence Day.
- * The 12:15pm classes held in the Field House will be held outside, weather permitting or will be canceled on June 5 and June 6. The Ramin Room and Newman Arena will not be available for use.
- * The 12:10pm Tae Kwon Do (Beg/Int) will meet in the Grummen Squash Courts on July 30th and Aug 18th. Barton Hall will not be available for use on those days.
- * The class time for Ripples will change to 9:00-9:45am from July 8-August 21st.
- * There will be no classes held from August 23 - August 31 due to facility maintenance schedules.
- * There will be no classes offered on Monday, September 1st in observance of Labor Day.
- * The regularly scheduled fitness classes will resume on Tuesday, September 2nd.
- * Join our Group Fitness email list! To subscribe, log on to our website listed below.
- * Get your fitness related questions answered! Direct your questions to fitness@cornell.edu
- * Interested in becoming a fitness or Spinning instructor? Check out the Physical Education Course offering list for Aerobic Instructor Training and/or Spinning Instructor Training Courses.

HNH:	Helen Newman Hall
DS :	Dance Studio
HNH Classroom:	Classes held downstairs (1st floor-basement)
Fieldhouse:	Classes held in the multi-purpose room
TMPR:	Classes held in the multi-purpose room (1st floor)
Teagle CR:	Classes held in the upstairs classroom (2nd floor)
Barton Hall:	Classes held in the large activity space

A valid Cornell ID is required to enter classes. Schedule is subject to change.

IF YOU HAVE ANY QUESTIONS OR COMMENTS REGARDING CLASSES, PLEASE CALL 254-6717 or 255-3886.