

CFC/Wellness

Fitness Class Schedule

Spring 2003 (January 27 - March 14 & March 24 - May 3*)

PARTICIPATION POLICY - YOU NEED A WRISTBAND TO ENTER CLASSES!

The growth of the Group Fitness Program necessitates the need to limit the number of participants in fitness classes for member safety. Please note the size limits listed by each class below. You must use your Cornell ID to check in at the HNH Issue Room, AC,Schoellkopf, & Teagle Fitness Centers, and the Cascadilla lounge to gain entry into a fitness class. All classes are on a first come, first serve basis. 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
Sun	5:00 - 5:50pm		Deep Water Exercise	28	HNH Pool
Mon/	6:30 - 7:30am	(Mon)	Step	32	HNH DS
Wed	6:30 - 7:30am	(Wed)	Jazzercise Step	32	HNH DS
	7:00 - 7:45am		Water Aerobics	28	HNH Pool
	11:00 - 12:00pm	(Mon)	Pilates - Mat Work	52	Teagle MPR
	11:00 -12:00pm	(Wed)	Yoga Svaroopa	52	Teagle MPR
	12:10 - 1:10pm		Tae Kwon Do (Absolute Beginners)	30	Barton Hall
	12:15 - 1:00pm	(Mon)	Baby Boomer Yoga	52	Teagle MPR
	12:15 - 1:00pm	(Wed)	Yoga Svaroopa	52	Teagle MPR
	12:15 - 1:00pm	(Mon)	Jazzercise	no limit	Field House
	12:15 - 1:00pm	(Wed)	Cardio Combo	no limit	Field House
	4:30 - 5:30pm		Pilates - Mat Work	40	HNH Classroom
	5:30 - 6:30pm		Spinning*	17	HNH DS
	5:30 - 6:30pm		Step	30	AC
	5:30 - 6:30pm	(Mon)	Pilates	10	Cascadilla
	5:30 - 6:30pm	(Wed)	Muscle Conditioning	10	Cascadilla
	5:40 - 7:10pm	(Wed)	Yoga Anusara Vigorous Flow	40	HNH Classroom
	6:40 - 7:40pm		Spinning*	17	HNH DS
	6:40 - 7:40pm	(Mon)	Boot Camp	40	AC
	6:40 - 7:40pm	(Wed)	Knockout Workout	40	AC
	7:30 - 8:30pm	(Wed)	African Dance	25	Teagle MPR
Tue/	6:30 - 7:30am		Spinning*	15	HNH DS
Thu	7:00 - 8:00am		Yoga Anusara	52	Teagle MPR
	10:10 - 10:55am		Ripples	28	HNH Pool
	12:10 - 1:00pm		Tai Chi	15	Teagle CR
	12:10 - 1:10pm	(Tue)	Tae Kwon Do (Beg/ Int)	30	HNH DS
	12:10 - 1:10pm	(Thu)	Tae Kwon Do (Int/ Adv)	30	HNH DS
	12:15 - 1:00pm	(Tue)	Step 'N' Sculpt	no limit	Field House
	12:15 - 1:00pm	(Thu)	Cardio Combo	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		Step	10	Cascadilla
	5:30 - 6:30pm		Double Step	24	AC
	5:35 - 6:35pm		Muscle Conditioning	22	Teagle MPR
	5:35 - 6:35pm	(Tue)	Yoga Kripalu	40	HNH Classroom
	5:35 - 7:05pm	(Thu)	Yoga Vigorous Flow	40	HNH Classroom
	6:30 - 7:15pm		Strengthen & Stretch	40	AC
	6:45 - 7:55pm		Spinning* - Power Hour!	17	HNH DS
	6:45 - 8:15pm	(Tue)	Yoga Vigorous Flow	40	HNH Classroom
	8:00 - 8:45pm		Ab Lab	32	HNH DS
<div><div>7:00 - 8:30pm</div><div>(Jan 28 only) Fitness JAM: Health Awareness</div><div>40</div><div>AC</div></div> <p>Instructors will be teaching a variety of class formats. All participants will recieve free nutritional product samples/ goodie bag! For more information on Health Awareness Week 2003: Jan 27-31, visit http://bigred2.athletics.cornell.edu/haw/ All 6:30pm, 7:30pm and 8:20pm classes will be canceled to host this fitness event. Please join us at AC!</p> <div><div>7:00 - 9:00pm</div><div>(Apr 1 only) Spinning: Mardi Gras Style!</div><div>17</div><div>DS</div></div> <p>Seventeen riders will be led on an exciting 2 hour journey that will challenge the mind as well as the body! We will have refreshments and fun give-aways too! Most appropriate for intermediate to advanced Spinning enthusiasts. Water bottles are mandatory. The 6:45pm and 8:00pm HHN DS classes will be canceled to host this fitness event.</p>					
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
	3:30 - 4:30pm		Knockout Workout	40	AC
Sat	10:15 - 11:15am		Step	32	HNH DS
	11:30 - 12:30pm		Knockout Workout	32	HNH DS
	4:00 - 5:00pm		Step	10	Cascadilla

PROGRAM NOTES

- * All classes now have participation limits! Check in at the proper location for entry into class. First come first serve basis!
- * The use of water bottles and hand towels are mandatory in all Spinning classes.
- * FITNESS JAM! On Tuesday, January 28th, there will be a fitness event offered from 7-8:30pm at AC for Health Awareness Week. The 6:30pm Stretch & Strengthen will be canceled in order to host this event. For more information about Health Awareness Week 2003: Jan 27-31, visit <http://bigred2.athletics.cornell.edu/haw/>
- * On Tuesday, April 1st, the 6:45pm Spinng and 8:00pm AB Lab will be canceled to host the 7-9pm Mardi Gras Spinning ride.
- * During Spring Break (3/15-3/23), the last class on 3/14 will be offered at 12:15pm, there will be no classes offered on 3/15 & 3/16. There will be a separate fitness class schedule during the week of Spring Break. The regular Spring schedule resumes on 3/24.
- * On Saturday, March 29th, the 10:15am Step and the 11:30am Knockout Workout classes will be canceled in order to host an event in the HNH dance studio.
- * On Monday, March 31st, the 12:10 Tae Kwon Do (Absolute Beginners) will meet in the Grummen Squash Courts.
- * On Friday, May 2nd, the last class will be offered at 12:15pm.
- * The Study/Exam 2003 fitness class schedule will begin on Sunday, May 4th.
- * 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 the Physical Education Course Offering list for Aerobic Instructor Training or Spinning Instructor Training.

HNH DS and Pool:	Helen Newman Hall Dance Studio and Pool
HNH CR:	Helen Newman Hall Classroom (1st floor-basement)
AC:	Appel Commons (Rooms 1 and/or 2 on 3rd floor)
Cascadilla:	Classes held in the lounge
Fieldhouse:	Classes held in the multi-purpose room in Bartels Hall
Teagle MPR:	Classes held in the multipurpose room
Teagle CR:	Classes held in the upstairs classroom

A valid Cornell ID and a class participation wristband are required to enter classes. Schedule is subject to change.

IF YOU HAVE ANY QUESTIONS OR COMMENTS, PLEASE CALL 254-6717 OR 255-3886.
For the latest updates, check our website: www.athletics.cornell.edu/cfc