

CFC/WELLNESS

Fitness Class Schedule

Spring Break '03 (March 15 - March 23)

Be sure to check the Program Notes at the bottom of the schedule for upcoming changes and/or class cancelations!

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, Teagle Fitness Center, and the Cascadilla Classroom 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!

Saturdays and Sundays

3/15 & 3/16 and 3/22 & 3/23

No classes offered

Monday/Wednesday

3/17 & 3/19

6:30 - 7:30am	(Monday)	Step	32	HNH DS
6:30 - 7:30am	(Wednesday)	Jazzercise Step	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
12:00 - 1:00pm		Tae Kwon Do (Absolute Beginners)	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	nolimit	Field House
12:15 - 1:00pm	(Wednesday)	Cardio Combo	no limit	Fieldhouse
4:30 - 5:30pm		Pilates - Mat Work	40	HNH CR
5:15 - 6:15pm		Spinning*	17	HNH DS
6:15 - 7:00pm		AB Lab	32	HNH DS

Tuesday/Thursday

3/19 & 3/21

6:30 - 7:30am		Spinning*	32	HNH DS
7:00 - 8:00am		Yoga Anusara	52	Teagle MPR
10:10 - 10:55am		Ripples	28	HNH Pool
12:00 - 1:00pm	(Tuesday)	Tae Kwon Do (Beg/Int)	42	HNH DS
12:00 - 1:00pm	(Thursday)	Tae Kwon Do (Int/Adv)	42	HNH DS
12:10 - 1:00pm		Tai Chi	15	Teagle CR
12:15 - 1:00pm		Step 'N' Sculpt	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 CR
5:30 - 6:30pm		Step	32	HNH DS
5:35 - 6:35pm	(Tuesday)	Yoga Kripalu	40	HNH CR
5:35 - 7:05pm	(Thursday)	Yoga Vigorous Flow	40	HNH CR

Friday

3/22

6:30 - 7:30am		Step	32	HNH DS
11:00 - 12:00pm		Pilates - Mat Work	52	Teagle MPR
12:15 - 1:00pm		Yoga Kripalu	40	Teagle MPR

Program Notes

* All fitness classes have participation limits! You must check in at the proper location for entry into class.

* All fitness classes are on a first come, first serve basis.

* There will be no classes offered on Saturdays or Sundays during break

* The regularly scheduled fitness classes will resume on Monday, March 25

* 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 group fitness or Spinning instructor? Check the PE Course Offerings list for Aerobic Instructor Training and/or Spinning Instructor Training

HNH:

Cascadilla

Fieldhouse:

Teagle MPR:

Teagle CR:

Helen Newman Hall dance studio (DS), classroom (CR), and Pool

Classes held in the lounge

Classes held in the multi-purpose room in Bartels Hall

Classes held in the multipurpose room down

Classes held in the upstairs classroom (2nd floor)

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.

For the latest updates, check our websites:

<http://www.athletics.cornell.edu/cfc/home/cfcPage.html>