

CFC/Wellness FITNESS CLASS SCHEDULE

Exam Week 2003 (May 11 - May 17)

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 aquire 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
Sun				
No classes offered				
Mon/Wed				
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
12:10 - 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
4:30 - 5:30pm		Pilates -Mat Work	40	HNH CR
5:30 - 6:30pm		Spinning*	17	HNH DS
Tue/Thu				
6:30 - 7:30am		Spinning*	15	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	HNH DS
12:10 - 1:10pm	(Thursday)	Tae Kwon Do (Int/Adv)	30	HNH DS
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 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
6:45 - 8:15pm	(Tuesday)	Yoga Vigorous Flow	40	HNH CR
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
Sat				
No classes offered				

Program Notes

- * No classes will be offered on Sunday or Saturday during exam week
- * The use of water bottles and hand towels are mandatory in all Spinning classes
- * The Summer Fitness Schedule will begin on Sunday, May 18th
- * Join our Group Fitness email list! To subscribe, log on to our website listed below
- * Intersted 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 Dance Studio, Classroom, or Pool	A valid Cornell ID is required to enter classes. Schedule is subject to change.
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	

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.BigRed2.athletics.cornell.edu/cfc>