

# CFC/Wellness FITNESS CLASS SCHEDULE

Study Week 2003 (May 4 - May 10)

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
Sun	5:00 - 5:50pm	Deep Water Exercise	28	HNH Pool
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 Svaroopa	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 Svaroopa	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
	5:30 - 6:30pm	(Monday) Pilates - Mat Work	10	Cascadilla
	5:30 - 6:30pm	(Wednesday) Muscle Conditioning	10	Cascadilla
	5:30 - 6:30pm	Step	30	AC
	6:40 - 7:40pm	Spinning*	17	HNH DS
	6:40 - 7:40pm	(Monday) Boot Camp	30	AC
	6:40 - 7:40pm	(Wednesday) Knockout Workout	40	AC
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 - 6:50pm	(Thursday) Spinning - Power Hour!	17	HNH DS
	5:30 - 6:30pm	(Tuesday) Knockout Workout	40	AC
	5:30 - 6:30pm	(Thursday) Double Step	24	AC
	5:30 - 6:30pm	(Tuesday) Muscle Conditioning	22	Teagle MPR
	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				
	10:15 - 11:15am	Step	32	HNH DS
	11:30 - 12:30pm	Knockout Workout	32	HNH DS

## Program Notes

- \* The use of water bottles and hand towels are mandatory in all Spinning classes
- \* 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	<b>A valid Cornell ID is required to enter classes.</b> <b>Schedule is subject to change.</b>
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>