

September 1 - December 31, 2009

Classes are FREE for CFHL members or \$5 each class for employees (UNMC, NMC, UNMC Physicians) who are not members.				<input type="checkbox"/>	Classroom A
				<input type="checkbox"/>	Classroom B
Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday
9:15 - 10:00 am	T'ai Chi Movement Improvement <i>Peg</i>		T'ai Chi Movement Improvement <i>Peg</i>		
10:00 - 11:00 am	Vigor, Tone & Mightier Bone <i>Peter</i>		Vigor, Tone & Mightier Bone <i>Peter</i>		Vigor, Tone & Mightier Bone <i>Hanna</i>
12:45 - 1:45 pm		Yoga <i>Jeri</i>		Yoga <i>Jeri</i>	
5:00 - 6:00 pm	Yoga <i>Adena</i>	Pilates (Sept & Dec only) <i>Angela</i>	Yoga <i>Adena</i>		
5:30 - 6:30 pm		T'ai Chi Movement Improvement (Oct & Nov only) <i>Mark</i>		T'ai Chi Movement Improvement <i>Mark</i>	
5:45 - 6:45 pm	PlyoCircuit <i>Natalie</i>		PlyoCircuit <i>Natalie</i>		
7:00 - 8:00 pm	TaeKwonDo <i>Dan</i>				

Workout using an instructional Video/DVD in the Fitness Classroom(s)

When classes aren't in session, check out a tape or DVD from the Front Desk and workout with the video instructor at a time convenient for you.

Video descriptions are online at: <http://www.unmc.edu/cfhl/fitness/forms/Fitness/fitnessclasses.html> click on "Printable Class & Video Description" at the bottom of the page, or call the Front Desk (559-5254) and one will be mailed or faxed.